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Not enough warning from York about sex assaults: Students

Attacks on campus. York University says it's stepping up patrols where assaults occurred

A trio of sexual assaults at York University has students questioning their safety and the response of campus officials at the school plagued by high-profile security incidents.

Police are investigating the three assaults, which took place last Thursday near Vari Hall at the Keele campus.

Sociology student Priya Kant said she only heard about the incidents on Sunday when it was reported on the news.

"It's not good at all, it's scary being here by yourself," said Kant, who attends night classes. "I would think after the first assaults, this wouldn't happen. It just shows that they're not doing anything about it."

York has previously drawn criticism for its reaction to assaults and robberies that have taken place at the university, which 54,000 students attend.

University officials said an internal security bulletin was posted on York's security website Thursday night and revised Friday after additional assaults were reported. A mass email was sent to students on Monday, five days after the alleged assaults.

"We take these assaults, which involved unwanted touching, very seriously. The victims have been offered counselling," said university spokesperson Janice Walls.

Vanessa Hunt, president of York Federation of Students, said the university's news portal, YFile, should have made efforts to notify students online sooner.

"Whether or not a thousand students read it, it should be on there. It should be publicized. People need to know what's going on," Hunt said.

She added that while the university did post security bulletins across campus, they could've done more.

"We keep pushing. They could really do better for communications with students."

York said it was stepping up security patrols in the area where the assaults occurred.

TORSTAR NEWS SERVICE

FURIOUS PETE TAKES ON THE SCORPION

Toronto's Furious Pete, a former hospitalized anorexic turned world-class competitive eater, reacts after eating the Trinidad Moruga Scorpion, the hottest pepper in the world, at Yonge-Dundas Square Monday. Pete Czerwinski's latest gastronomical feat comes a week after winning his fourth straight hamburger title in Washington, D.C. — downing 15 burgers in 10 minutes. Story, page 4. TARA WALTON/TORSTAR NEWS SERVICE

'Archaic' laws hinder HIV fight: UN report

Sex work, possession of drugs for personal use and nondisclosure of HIV should all be decriminalized, according to the Global Commission on HIV and the Law PAGE 11

Celebrity chef remembered for his passion

Untimely death of TV host Anthony Sedlak, 29, is a terrible loss, Food Network Canada says in a statement PAGE 6

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TTC chair takes the tax out of OneCity transit plan

Rethink. Even councillors who were initially supportive have backed away from OneCity's tax implications

TTC chair Karen Stintz has backed away from a troublesome property-tax proposal for the time being in a bid to persuade city councillors to approve a study of her OneCity transit plan.

Instead of tying the sweeping transit vision to a dedicated tax, Stintz will ask council to designate two priority transit projects at its Wednesday meeting: the extension of the Bloor-Danforth subway to replace the Scarborough RT, and a new waterfront east LRT.

The financial aspect of the OneCity plan can wait without endangering any of the 21 projects among the 170 kilometres of new transit OneCity proposes, she said on Monday.

If council approves the study of OneCity, it could be added to the Toronto Official Plan mapping the city's transit future.

City staff are already preparing a report in October on financial tools that could be dedicated to transit expansion. It is expected to include a look at the current value assessment (CVA) uplift-based tax Stintz favours.

It would capture 40 per cent of the higher property values in the next assessment, applying a 2 per cent property tax increase averaging $180 per household.

"(The CVA-based tax) is going to come back in October anyway. People thought it was redundant," said Stintz, who announced OneCity with TTC vice-chair Glenn De Baeremaeker, on June 26.

Mayor Rob Ford reiterated his displeasure with the transit tax on Monday. But Stintz said he could still support a subway expansion in Scarborough.

TORSTAR NEWS SERVICE

Quoted

"What we were trying to do is bring the transit plan and the funding together and we're able to do that."

TTC chair Karen Stintz, on the proposed funding structure of her OneCity transit plan

Property tax

Tax-freeze plan facing skepticism

Mayor Rob Ford's election-minded proposal to freeze property taxes in 2014 and 2015 is struggling to win council support, with even some of his allies voicing early skepticism.

Ford asked city manager Joe Pennachetti in a letter last week to impose a two-year rate freeze after a 1.75-per-cent increase in 2013.

But both right- and left-wing councillors say they are concerned about the potential impact on city finances and services.

The city's long-term fiscal plan says the tax rate should be increased annually to match inflationary cost increases. Chief financial officer Cam Weldon has repeated the case for rate-of-inflation hikes at budget committee meetings.

But Ford has touted his 2011 tax freeze as one of his key achievements. His proposal for a two-year freeze could give him powerful ammunition for the 2014 campaign — whether or not council thwarts him.

TORSTAR NEWS SERVICE

Seeking peace for Sudan

Emmanuel Jal flashes a peace sign in front of Queen's Park on Monday. The former child soldier joined the We Want Peace rally, which called for civilian protection and humanitarian aid for the people of Sudan. DAVE STARRETT/FOR METRO

Homelessness. Senior found dead under stairwell identified

His name was Bill Buss and he was born 71 years ago in the tiny hamlet of Minitonas near Duck Mountain Provincial Park in Manitoba.

He died alone of natural causes early last month, curled up behind garbage under a stairwell in a boarded-up crawl space on Parliament Street just north of Shuter Street

For more than three weeks after his decomposed remains were discovered, his identity remained a mystery, which was the way he preferred things during his final years.

Buss's name will be spoken affectionately at noon today at the Church of the Holy Trinity behind the Eaton Centre, where, on the second Tuesday of each month, a group gathers at the church's south steps to remember all those who have died while homeless in Toronto.

Coun. Kristyn Wong-Tam (Ward 27, Toronto Centre-Rosedale) plans to propose a motion of condolence for Buss at City Council on July 11. She has been making such motions on almost a monthly basis since she was elected 18 months ago, in an attempt to call attention to what she calls a dearth of affordable housing.

"There's a whole population that live in our city that are often overlooked," Wong-Tam says. "I think it does make a difference when we know that they were here and now they are gone. What did we do about it?"

TORSTAR NEWS SERVICE

'Part of the community'

For the past 17 years, Buss spent his days at the Good Neighbours Club, a drop-in centre near Moss Park for men over 50 who are homeless or in substandard housing.

- "He was part of the community," Good Neighbours director Lauro Monteiro recalls. "He just preferred to kind of keep to himself."

1 NEWS

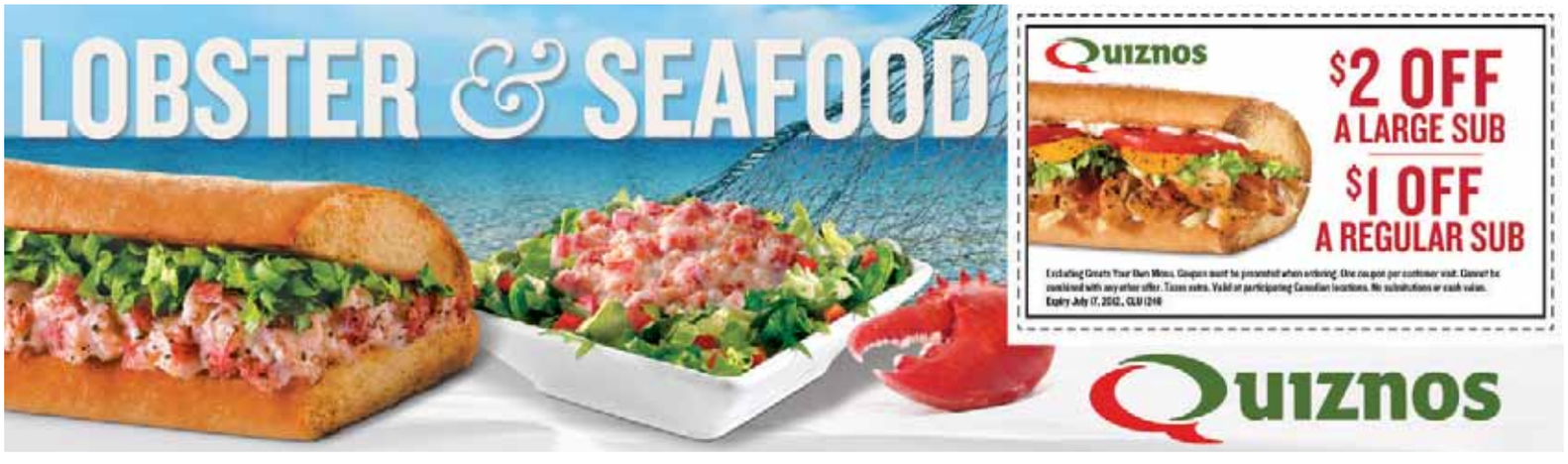
On the web

Deadly outbreak strikes kids in Cambodia

A deadly form of hand, foot and mouth disease has been linked to the deaths of 52 people, mostly children under three, in Cambodia. Read more about the mysterious outbreak at metronews.ca.

Mobile news

Something alarming is invading the Calgary Stampede midway, affectionately known as Heart Attack Alley. Famous for deep-fried everything, the Stampede and its fortress of greasy food now face an invasion of healthy alternatives. Scan the code to read more about the calorie wars.



'Fire rainbow' seen from Toronto. COURTESY MATTHEW HASKILL

What does it mean?

'Fire rainbow' across the sky

It looks like a cloud on fire, splintered into a pallet of warm colours across the horizon.

Dubbed a "fire rainbow" by some, a local amateur photographer captured images of the horizon at just the right time.

The meteorological phenomenon that Matthew Haskill witnessed is known as a circumhorizontal arc, a rainbow-like formation caused by the sun hitting a cloud at a specific angle.

TORSTAR NEWS SERVICE

Retirement home sale

Ex-lawyer charged over theft of $2M

Toronto police have arrested an ex-lawyer and charged him with stealing more than $2 million from the sale of a retirement home.

Michael Ingram was arrested on Monday. He is the former partner in Coutts Crane Law Firm, a corporate firm on University Ave.

TORSTAR NEWS SERVICE

Children's event

Carnival moves to Downsview

A new location was announced Monday for the Junior Carnival Parade: Downsview Park.

More than 2,000 tickets have been sold for the event on July 21, which has been held the past eight years in the Jane-Finch area.

TORSTAR NEWS SERVICE

'Grand union' rebuilding a grand task

Construction.
Queen and Spadina intersection to be closed for two weeks as TTC replaces tracks

Repairs to TTC tracks at Queen and Spadina. KEITH BEATY/TORSTAR NEWS SERVICE

Rebuilding a "grand union" is a project so big that it takes two years of advanced planning and co-ordinating with city officials — and even more patience from commuters and pedestrians.

Grand unions are intersections where streetcars can go in any direction except turning right around. There are only three of them in North America and they're all in Toronto.

During the next two weeks, Queen St. W. and Spadina Ave. — the site of one of the city's grand unions and the TTC's largest intersection — will be closed in all directions while TTC crews replace streetcar tracks.

So, how exactly does the TTC engineer a grand union reconstruction? It happens in five steps:

Organization:
Once TTC officials know what work needs to be done and how it's going to be paid for, they must get permission from the city. Often, this involves co-ordinating water main and electrical maintenance work to coincide with TTC work, so the ground isn't dug up twice.

Preparation:
Pieces of the new tracks, like rails, casting and ties, are trucked from Vancouver. They're inspected and assembled at a TTC storage facility at Bathurst and Dupont Sts. When construction is ready to begin, the pre-assembled panels are hauled by trombone trailer to the site. The first shipment of panels, each 6x25 metres in size and weighing 10 tonnes, was expected Monday overnight, complete with police escort.

Excavation:
This step might be the loudest part of the construction process and it began Monday. During this stage, crews dig up, separate and scrap the old track, working from 7 a.m. until 7 p.m. daily to minimize the annoyance to residents nearby. Large, yellow excavating machines and hydraulic hoe rams dig up the ground from the centre of the intersection, pulling up everything from rails and rocks to wires and switch points. It's expected to be finished on Wednesday, when work will begin 24/7.

Construction:
Crews pour a foundation slab of concrete into the spot for the tracks and two pours of eight inches of concrete go between the panels of rails placed into the tracks. Layering the concrete around the panels makes it easier to go back and repair rails later. Placing the rails into the tracks is essentially like putting a puzzle together, but with robots. The machines, called PEMS (large panel placement system) install the components "with great precision."

Cleanup:
The contractor is responsible for taking the old rails away. TTC foreman Bryan Callaghan said the TTC will salvage whatever it can, but much of it is too old to be reused.

TORSTAR NEWS SERVICE

Ex-anorexic now competitive eater

A 72-oz. steak in 6 minutes, 48 seconds.

Seventeen bananas in 45 seconds.

A 750-millilitre bottle of olive oil in one minute.

"Furious Pete" has guzzled all of these, and more. But ask the Toronto-born competitive eater which gastronomical feat was most gruelling and his answer may come as a surprise.

"The onion," he said, bitterly.

An entire raw onion, consumed in 45.53 seconds, clinched him a Guinness World Record — just one of six he holds — last November.

Quoted

"The only thought I have is, 'You can eat more. You can do it.' If you can overcome the nausea and fullness, you can do anything."

"Furious Pete", who says he channels his thoughts during competition with the intensity of a marathon runner.

Pete Czerwinski's latest accomplishment came Monday when he ate a so-called Trinidad Scorpion, the world's hottest pepper. It came just a week after he won his fourth-straight hamburger title, downing 15 burgers in 10 minutes.

The 26-year-old, who doesn't have a day job, estimates he's earning about as much as he would if he put his engineering degree to use. Since 2007, he has entered about 90 competitions and won nearly all of them.

It's a life he never would have predicted for himself. Just a decade ago, the teenage Czerwinski was hospitalized for anorexia. He was six-foot-two and weighed just 120 lbs.

"I had a voice in my head, telling me, 'You're too fat, you're not good enough, eat less, work harder,'" he recalled.

Czerwinski credits his recovery to bodybuilding, a passion he discovered after spending six weeks in hospital. He acknowledges that his previous eating disorder probably contributed to his ability to binge. TORSTAR NEWS SERVICE

Furious Pete reacts after eating the Trinidad Moruga Scorpion pepper. TARA WALTON/TORSTAR NEWS SERVICE

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Refugee health benefits

Kenney invites praise for cuts

If you want to sign a petition thanking Immigration Minister Jason Kenney for his efforts to reduce health benefits for refugees, look no further than his own website.

"We, the undersigned, thank Jason Kenney for his efforts to streamline benefits afforded to refugees (sic) claimants under the Interim Federal Health Program (IFHP) and bring them in line with the benefits received by taxpaying Canadians, including new Canadians," says the petition. A spokeswoman for Kenney emailed a statement saying thousands of people have signed the petition. TORSTAR NEWS SERVICE

Don't mess with DJ

Deadmau5 threatens robbers

Grammy-nominated producer Deadmau5 is fuming after a break-in at his mother's house in Niagara Falls. "Man, you ... picked the wrong house," he wrote on Facebook. "Mau5 is gonna find you." THE CANADIAN PRESS

Record-breaking

Man's Volvo nears 3M miles driven

Irvin Gordon's 1966 Volvo P1800S just keeps going, and going, and going. Gordon's small, red two-door has well more than two million miles (3.22 million kilometres) on the odometer, the equivalent of nearly 1,176 times across the globe. The retired school teacher from Long Island hopes to reach the three-million mile mark by next year. He only has 34,000 miles to go. The 72-year-old Gordon drives his Volvo everywhere. He has held the Guinness world record for high-mileage vehicle since 2002.

He bought his beloved car on June 30, 1966, for $4,150 at the age of 25, "a whole year's salary." THE ASSOCIATED PRESS

Irvin Gordon in his hardy Volvo. SETH WENIG/THE ASSOCIATED PRESS

Detention law may impact mental health

Bill C-31. Doctors cite research to argue for minimizing detention

Doctors are sounding more alarms about changes to Canada's refugee system. An opinion piece in the Canadian Medical Association Journal says a new law could pose a serious danger to the mental health of refugees.

Bill C-31, the Protecting Canada's Immigration System Act, includes provisions that allow the immediate detention of refugee claimants designated as part of irregular arrivals.

All those over the age of 16 will be held for a minimum of two weeks before their detention is reviewed, while those under 16 can be informally detained with their parents or released to child-care authorities.

The bill became law at the end of June and the detention provisions are now in force.

The authors of the piece cite several studies suggesting high levels of psychiatric symptoms among detained refugee claimants, even after short periods.

"As health professionals, it is our responsibility to urge the government to minimize harm to children, pregnant women, trauma survivors and other vulnerable people," Dr. Janet Cleveland and Dr. Cecile Rousseau wrote in the article, released Monday.

"Children should not be incarcerated or separated from their parents. Detention of all refugee claimants should be limited to the shortest possible time required for identity and security checks and should generally be in noncarceral accommodation, especially for vulnerable individuals."

The article cites statistics from the U.S., U.K. and Australia showing adverse mental health outcomes following detention.

The new Canadian law was introduced following the arrival of a ship carrying almost 500 asylum claimants in 2010. THE CANADIAN PRESS

Canadian chef Anthony Sedlak is seen at his home in Vancouver in this 2008 photo. Sedlak died Friday at the age of 29. DARRYL DYCK /THE CANADIAN PRESS FILE

Renowned Food Network chef Anthony Sedlak dead at age 29

A young and promising chef is being remembered for his warm personality, passion for his craft and skill in the kitchen. Food Network Canada said the untimely death of Canadian celebrity chef Anthony Sedlak is a terrible loss.

Sedlak was just 29.

A statement issued by his family said Sedlak was found dead in his North Vancouver, B.C., apartment on Friday after collapsing from an undiagnosed medical condition.

Sedlak was best-known as the host of Food Network Canada's The Main, and a judge on Family Cook Off, as well as author of the national bestselling cookbook, The Main.

Sedlak's culinary career began in his teens, with completion of a specialized program and four-year apprenticeship, and he was barely in his 20s before he had spent almost two years at Michelin Star-rated La Trompette, in London, England. He was 23 when he won a silver medal representing Canada at the World Junior Chef Challenge in New Zealand, and just months later, he captured The Food Network's Superstar Chef Challenge.

"Anthony became a much loved member of the Food Network family, entertaining and inspiring fans through four seasons of The Main and his latest venture, Family Cook-Off," the network said in a statement Monday. THE CANADIAN PRESS

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An introduction to conflict analysis, negotiation, mediation and arbitration. Gain insight into the practice of ADR and will have the opportunity to develop effective negotiation and mediation skills.

ADR. 501 70 – Court Documentation and Process
Tuesday, Sept. 4 – Dec. 11 (45 hours) | 4:20 pm - 6:55 pm
This course examines the role of mediation and pre-trials in settling litigated disputes in the Ontario Small Claims Court and the Ontario Superior Court of Justice.

ADR. 502 70– Administrative Tribunals: Practice
Thursday, Sept. 6 – Dec. 13 (45 hours) | 12:40 pm - 3:20 pm
Gain an understanding of the rules of natural justice and the laws and procedures applicable when a matter is heard before an administrative tribunal rather than in the traditional court system.

ADR. 503 70– Ethical Issues in ADR
Monday, Sept. 10 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
Explore ethics in both a broad and specific sense, not only from the view of the role that the conflict resolution practitioner plays, but also with a look at self-reflection.

ADR. 504 70– Advocacy Skills for ADR Professional
Wednesday, Sept. 5 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
An introduction to advocacy skills, this course will focus on students gaining the public speaking skills required for the role as a conflict resolution professional.

ADR. 505 70– Community Mediation
Thursday, Sept. 6 – Dec. 13 (45 hours) | 4:20 pm - 6:55 pm
This course will examine the impact conflict has on one's community and the role a mediator plays in assisting the community to resolve the conflict.

Abbas OKs exhumation and autopsy of Arafat

Investigation.
Palestinian leader agrees to have body tested after lethal agent detected on clothing

Palestinian President Mahmoud Abbas has given final approval to dig up Yasser Arafat's remains and is also pressing for an international investigation of his predecessor's mysterious 2004 death, a top aide said Monday.

The decision came days after a Swiss lab detected elevated traces of a lethal radioactive agent on clothing said to be Arafat's.

Testing Arafat's bones could offer the last chance to get to the bottom of Palestinian claims that their leader was poisoned, though some experts cautioned it may already be too late for conclusive answers.

Several Palestinian officials have charged that Israel poisoned Arafat. The French doctors who treated Arafat in his final days did not present a clear cause of death, while Israel emphatically denied it killed the Palestinian leader.

Arafat, who died at age 75, is buried in a mausoleum in the walled government compound in the West Bank where he spent the last three years of his life under Israeli siege.

Scenes of heavy machinery tearing into the wreath-covered grave of the revered leader could prove offensive to devout Muslims. Also, the grave has become a must-see site for Palestinians and foreign visitors to Ramallah.

Abbas aide Saeb Erekat said Monday that the need to know overrides cultural sensibilities. "We are seeking the truth, and every single Palestinian is seeking the truth, and we cannot reach the truth without it (exhuming the remains)."

THE ASSOCIATED PRESS

Members of a Palestinian honour guard stand next to the tombstone of Yasser Arafat. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Afghanistan

Six Americans killed in bombing

The Taliban took responsibility Monday for a bomb blast in Afghanistan that killed six American troops, while other militants launched suicide attacks on two police headquarters that left 20 people dead, according to officials.

The six Americans were killed when a bomb struck their armoured vehicle.

THE ASSOCIATED PRESS

West Bank

Report supports illegal settlements

A government-commissioned report released Monday has recommended that Israel legalize dozens of unsanctioned West Bank settlement outposts, a move that would defy international opposition to settling land Palestinians want for a future state.

The report reaffirmed Israel's long-standing position, at odds with most of the world, that the West Bank is not occupied territory and therefore Israel has the legal right to settle on it.

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Fatal shooting. Mexico accuses U.S. Border Patrol of killing citizen

A Mexican citizen has been fatally shot by U.S. Border Patrol agents on the border with Texas in an incident that the Mexican government is calling a disproportionate use of force.

The Border Patrol said Saturday that agents had opened fire along the Rio Grande on the Texas-Mexico border after being pelted by rocks and having a gunman point a weapon in their direction from the Mexican side of the river. The agency said it did not know if anyone else was hurt, but the FBI was investigating.

The Mexican Foreign Ministry said late Sunday that a citizen had been killed by a gunshot fired by a U.S. agent at the Los Tomates-Veterans International Bridge. It did not identify the victim or provide details. THE ASSOCIATED PRESS

Previous shootouts

- Border Patrol agents got into a shootout with drug smugglers in March. It is not known whether anyone on the Mexican side was hit.
- In 2010, a Border Patrol agent in El Paso shot and killed a 15-year-old Mexican boy across the Rio Grande.

Prime-time drama

Jordan MP pulls gun during debate

A Jordanian lawmaker is being investigated after pulling a gun on his opponent during a live TV talk show, a prosecutor said Monday.

Mohammed Shawabka pointed his pistol at Mansour Seif-Eddine Murad after the former guerrilla-turned-politician called him a "mafia thief" during a prime-time debate late Thursday covering Jordanian politics and Syria's uprising. The debate was aired on the private Jordanian Josat satellite station. THE ASSOCIATED PRESS

South Sudan turns 1, but oil, border issues remain

World's newest nation. Country's biggest achievement over past year was avoiding return to all-out war with Sudan

South Sudanese men participate in the country's anniversary celebrations at the John Garang mausoleum in Juba, South Sudan, Monday. SHANNON JENSEN/THE ASSOCIATED PRESS

Tens of thousands of South Sudanese gathered under a sweltering sun on Monday in the capital, Juba, to celebrate the first birthday of the world's youngest nation — an event marred by dire economic hardships and a near-constant threat of war.

President Salva Kiir addressed the country's No. 1 threat: a return to war with Sudan, the country it battled for more than two decades.

"Since our independence, (Sudan capital) Khartoum has continuously violated our sovereignty through aerial bombardments and ground incursions," he said.

South Sudan's biggest success in its first year was avoiding all-out war with Sudan. But it came close. A row over the sharing of the two countries' once-unified oil industry prompted South Sudan to shut down its oil production.

Because the south's oil travels through pipelines that run through Sudan, the decision cut off a major source of Khartoum's revenue and has led to instability in that capital. But the move cost South Sudan as well. The landlocked nation derives 98 per cent of its normal government budget from oil.

Because of the loss of oil revenue, inflation is skyrocketing, leaving average families with less to eat. Nearly 200,000 refugees fleeing war in the southern reaches of Sudan have moved into refugee camps in South Sudan.

But several of South Sudan's woes are internal. South Sudan has been beset by ethnic clashes, primarily in Jonglei state, where the United Nations estimates nearly 900 people were killed in brutal cattle raids and reprisal attacks between late December and early February. THE ASSOCIATED PRESS

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‘Lucha libre’ brings kitschy glitz to Mexico City’s poor

Free shows. Wrestling matches serve a dual purpose: To entertain residents and to give lesser-known or young wrestlers the opportunity to catch the eye of a promoter

A Mexican lucha libre wrestler poses for fans as he walks towards a makeshift ring for a performance in downtown Mexico City in this photo taken April 30. ALEXANDRE MENEGHINI/THE ASSOCIATED PRESS

Their images may strike fear but when Crazy Clown, Black Fury and Big Mama step into the ring their cause is just: Bringing Mexico’s beloved lucha libre wrestling to the capital’s poorest neighbourhoods, orphanages and prisons.

In front of shacks or jammed onto the staircases of crumbling buildings, men, women and children who don’t have the money to buy a 300 pesos ($22) ticket to see a professional wrestling event at one of Mexico City’s big arenas can cheer the Caravan Super Tarin travelling wrestling show, which on weekends gives free performances filled with kitschy glitz, masked avengers and snarling “rudos.”

The Caravan Super Tarin is one of the larger street-wrestling troupes that play Mexico City’s working-class neighbourhoods and one of the few that give shows free of charge. While the burgeoning street-wrestling phenomenon may lack the big name stars of Mexico’s television networks, it makes up for it by bringing lucha libre back to its roots in Mexico’s barrios, where people still revere the legendary “El Santo” or “The Saint,” and wrestling is the second-most popular sport after soccer.

THE ASSOCIATED PRESS

Mexican lucha libre wrestler Gato Salvaje gets ready for his performance on a grassy lot in a makeshift wrestling ring in Coacalco, Mexico in this photo taken in November 2011. ALEXANDRE MENEGHINI/THE ASSOCIATED PRESS

Have tights, will travel

- The Caravan Super Tarin will set up its makeshift wrestling ring on potholed streets, plazas or public markets in hardscrabble neighbourhoods across Mexico City and its surrounding areas, wherever they are wanted. They’ve even wrestled for communities at trash dumps.

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Bad laws hinder fight against HIV, report says

UN. Recommendations based on research and first-hand accounts from more than 1,000 people in 140 countries

Sex work, possession of drugs for personal use and nondisclosure of HIV should all be decriminalized, according to a report released Monday by the Global Commission on HIV and the Law.

The commission, led by the United Nations Development Program, was launched in June 2010 to make recommendations on how laws can be changed and used to protect the human rights of people living with HIV, and to help fight the global HIV epidemic.

There were 14 commissioners from different countries involved in putting together the final report, "HIV and the Law: Risks, Rights and Health," including former heads of state and leading legal, human-rights and HIV experts.

Quoted

"Archaic laws based on moral judgment, fear and misinformation perpetuate the discrimination and stigma that fuel HIV. These laws are at odds with public-health evidence."

Commissioner Festus Gontebanye Mogae, the former president of Botswana

And the commissioners' conclusion is clear: The world has the proper drugs and tools needed to end HIV, but sometimes, bad laws and the lack of good laws get in the way of making it happen.

The report made over 80 recommendations. Some of them are in line with Canadian policies and laws, but many others run counter to existing, and upcoming, legislations, said commissioner Stephen Lewis, a former UN special envoy for HIV-AIDS in Africa.

"In relation to needle exchanges and harm-reduction policies, it would seem that the justice system ... is on the right side," he said, referring to the Supreme Court of Canada's 2011 ruling to allow Vancouver's supervised injection site, Insite, to stay open. "But on the criminalization of HIV transmission and non-disclosure end, it's clear we're going in the opposite direction."

To date, over 130 out of more than 65,000 people living with HIV in Canada have been charged for not disclosing their status, a majority of whom were later convicted. When convicted, an HIV-positive person can face up to lifetime in prison and become a registered sexual offender.

TORSTAR NEWS SERVICE

Massacre victims to be laid to rest

A Bosnian Muslim woman cries near the coffin of a relative, among 520 newly identified Srebrenica victims, at the Potocari memorial cemetery near Srebrenica, some 160 kilometres east of Sarajevo, Bosnia and Herzegovina, Monday. The 520 victims will be buried at a memorial centre near Srebrenica on the 17th anniversary of the massacre of 8,000 men and boys, defined by the International Court of Justice as genocide. AMEL EMRIC/THE ASSOCIATED PRESS

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Bugging out. Toronto native discovers the world's tiniest fly

An entomologist at the Natural History Museum of Los Angeles County has found what is said to be the world's tiniest fly.

Brian Brown, who is a native of Toronto, discovered the fly as part of a three-year project designed to study the insect diversity of Thailand's national parks.

"The fly is incredibly, unimaginably small," said Brown, who has called his discovery Euryplatea nanaknihali. "It's smaller than a fleck of pepper or something. I knew it was a new species when I saw it. I never saw anything like it before."

This fly — which measures .4 millimetres — is a parasite of ants. They do "this crazy thing where they lay an egg inside an ant's head," explains Brown. "The egg hatches and the larvae start feeding on the contents of the ant's head."

News of the discovery has just been published in the journal of the Entomological Society of America.

"It's not the smallest insect in the world. The smallest insects are fairy flies — a type of wasp. But it is the smallest fly in the world so far." TORSTAR NEWS SERVICE

Euryplatea nanaknihali CONTRIBUTED

By the numbers

160,000

There are about 160,000 species of flies, making up 10 per cent of all the insect species in the world, entomologist Brian Brown said.

New for 2012: The sport of Olympic mowing

This aerial view shows Ed McDowell and Andy Moody riding in a carriage pulled by the Shire horse team of Jim and Murcock, as they cut grass to form Olympic Rings in Richmond Park, London, England. The rings, which are approximately 300 metres wide and over 135 metres tall, are visible on the Heathrow flight path, ready to welcome athletes and visitors to the London 2012 Olympic Games.

DAVID POULTNEY/LOCOG/GETTY IMAGES

Pet power. Dog-owning families have healthier kids, new research shows

Having a dog at home makes infants healthier, a Finnish study has found. The study of 397 children in rural and suburban parts of Finland — published in the medical journal Pediatrics — has found that infants living in a home with a family dog were healthier and less prone to ear infections.

In the study, parents with children one year or younger were asked to fill out a weekly questionnaire as to their child's general health. Parents with a dog as a family pet described their babies as healthy 73 per cent of the time, compared to 65 per cent of households that had no dog.

"The children having dogs at home were healthier, they had less ear infections and they needed less antibiotics," said the study's lead author, pediatrician Dr. Eija Bergroth. TORSTAR NEWS SERVICE

Cats are OK too

- The same study of infants born between September, 2002 and May, 2005 showed a family cat had a similar though less obvious benefit.

Long-distance drama

Man fights $1M phone bill

A Massachusetts businessman is fighting a legal battle with telephone company AT&T Inc. over what he calls a fraudulent million-dollar bill.

Michael Smith says in 2009 someone hacked into his small manufacturing company's phone system and made nearly $900,000 US in calls to Somalia. AT&T sued Smith for $1.15 million US to recover the cost of the calls plus interest.

Smith says if he is forced to pay the bill, his company will close and his 14 employees will lose their jobs An AT&T spokeswoman says the company does not comment on pending litigation. THE ASSOCIATED PRESS

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Russian floods expose distrust of government

Conspiracy? A Moscow journalist said none of the residents he spoke to believed the cause was the weather alone

An overall view of the Varnavinskoye reservoir near the city of Krymsk, Russia. VLADIMIR SMOLYAKOV/THE ASSOCIATED PRESS

The floods that washed through southern Russia and killed 171 people followed storms that dumped five months of rain in a matter of hours. Still, President Vladimir Putin has spent three days trying to persuade residents that the flooding was an act of nature and not the result of government negligence or worse.

Some persist in believing, against all evidence, that the city of Krymsk and its 57,000 people were intentionally sacrificed to prevent the flood waters from damaging Novorossiysk, a major Black Sea port essential for exporting Russian oil and grain.

This deep distrust of the government poses a challenge to Putin, who depends on the support of ordinary Russians across the country to counter the growing challenge in Moscow to his 12-year rule.

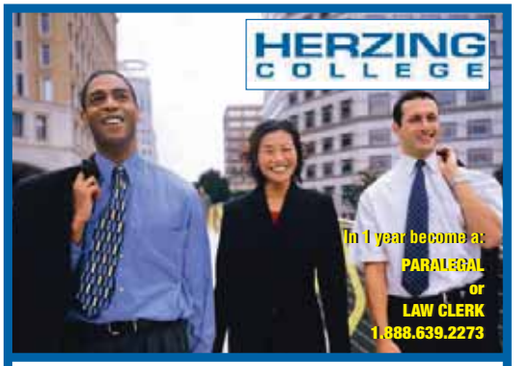
At the very least, the flooding has Russians once again questioning the government's ability to keep them safe. Still fresh in their memory are a string of disasters — from the bungled response to the sinking of the Kursk submarine in 2000, to the wildfires that swept seemingly unopposed through a swath of western Russia in 2010, to the capsizing of an overloaded river boat that killed more than 120 people last year.

The Emergencies Ministry acknowledged Monday that it had failed to warn residents about the flash flood that turned Krymsk streets into swirling muddy rivers and filled one-storey homes practically up to the ceiling in the middle of the night. Many of the 171 who died were elderly residents unable to escape in time. THE ASSOCIATED PRESS

Aftermath

The flooding came so quickly that residents suspected water had been intentionally released from a reservoir

- A total of 29,000 people in Krymsk and Gelendzhik lost all of their posessions, while about 400 homes were damaged.



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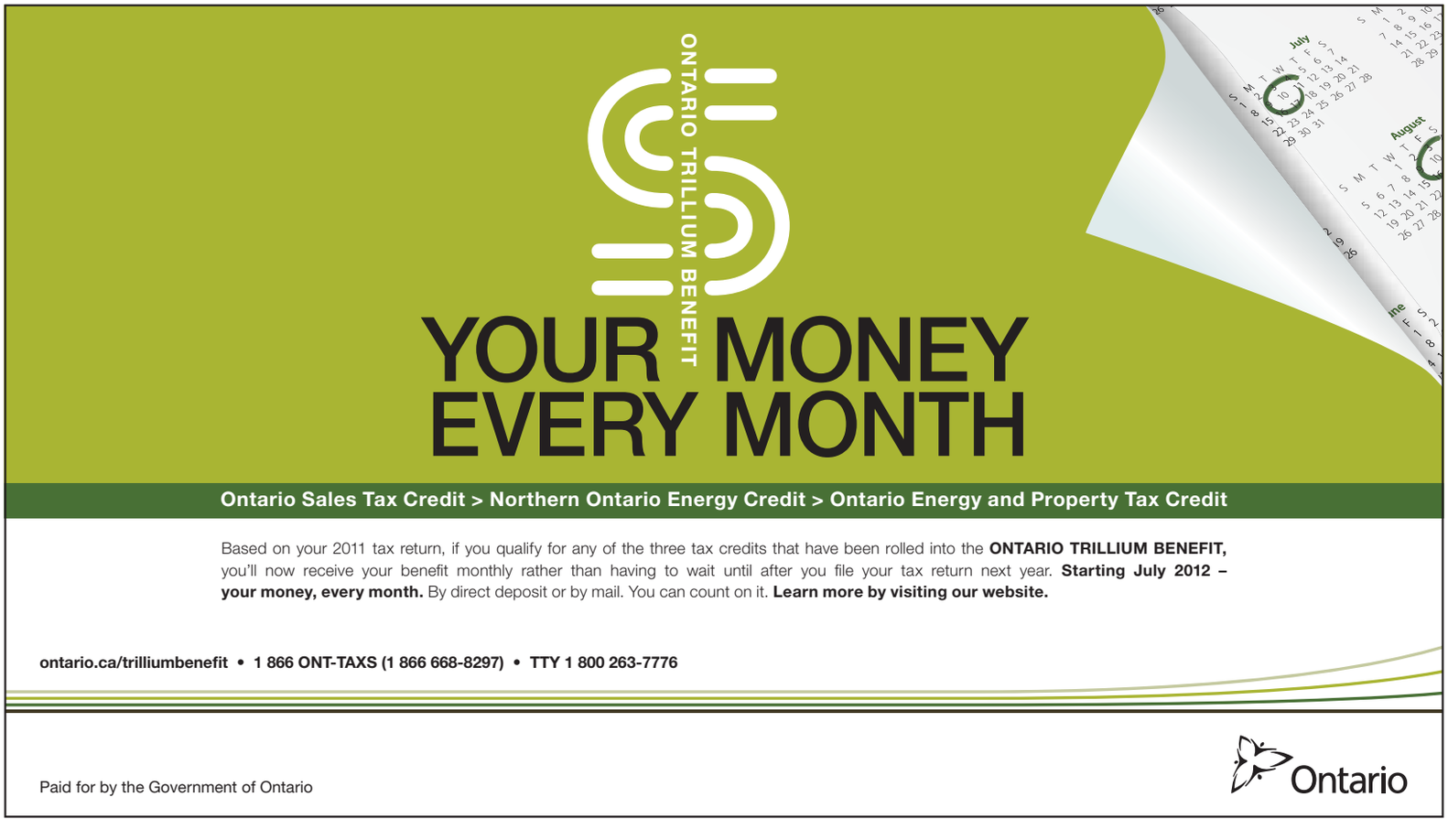
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Mortgage rules changed, but most don't know

Money matters. Poll suggests only half of those surveyed were familiar with changes brought in by the federal government

New mortgage rules went into effect Monday in Canada, but a recent survey suggests many people are unfamiliar with the changes.

Starting Monday, borrowers refinancing their mortgages are limited to 80 per cent to the value of the home, down from 85 per cent.

The maximum amortization period dropped to 25 years from 30 years for government insured mortgages — giving borrowers less time to repay the debt in full.

The federal government also tightened the standards lenders must apply before granting a mortgage.

"For two years now, we've been talking to our customers about the financial implications of carrying debt over the long term and how opting for a maximum 25-year amortization can help them manage and meet their long term goals," said Laura Parsons, a mortgage expert at Bank of Montreal.

"The recent changes are prudent, measured, responsible and timely, and will have an effect on how Canadians purchase property, so it's more important now than ever to seek clarity on the current guidelines in place."

A poll conducted by Pollara for Bank of Montreal found only about half of those surveyed were familiar with the changes brought in by the federal government.

And only 45 per cent of those surveyed June 29 to July 4 were aware that the maximum amortization period has been shortened by five years.

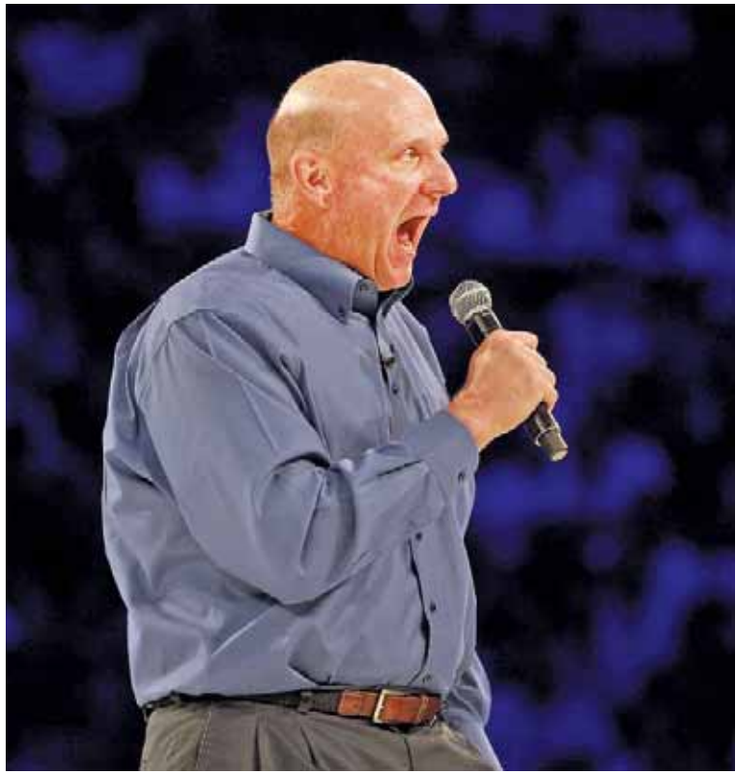
Finance Minister Jim Flaherty announced the new rules on June 21.

THE CANADIAN PRESS

Lines of credit

65%

The limit for home equity lines of credit has been reduced to 65 per cent of a property's value, down from 80 per cent.



Technical difficulty softens Microsoft message

Microsoft CEO Steve Ballmer yells to be heard after his microphone stopped working at the Microsoft World-wide Partner Conference at the Air Canada Centre in Toronto on Monday. About 15,000 attended, making it one of the biggest corporate conventions in Toronto's history. Ballmer assured the faithful that the Windows 8 platform that will power Microsoft-branded phones, expected to be unveiled in the fall, is on track for an October launch. The new platform will support touch- and stylus-based smartphones and tablet PCs as well as desktop and laptop computers as Microsoft moves to build its profile in a burgeoning global market for mobile devices dominated by Apple Inc. and Google Inc. Windows 8 is being counted on to help revive demand for laptops and other personal computers. STEVE RUSSELL/TORONTO STAR

Survey

Canadians blowing dough on quick lunches

A new survey suggests more than half of Canadians head to a restaurant for lunch at least once a week — a habit that's costing many Canucks some serious dough.

The poll by Visa Canada suggests that while eating out might be convenient, the price tag is not so appealing. The survey suggests the majority of the 60 per cent of Canadians who eat out once a week spend between $7 and $13 on their meal. It also suggests the average Canadian who opts to buy a lunch spends about $8.80 on the meal — and Ontarians appear to eat out the most often, with 20 per cent hitting up restaurants three or more days per week. THE CANADIAN PRESS

Market Minute

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TSX 11,634.67 (-25.28)

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Candu enacts contingency plans after strike

Candu Energy Inc. enacted a contingency plan Monday after about 800 nuclear scientists, engineers and technologists walked off the job on strike when negotiators failed to reach a deal by the deadline.

But the Society of Professional Engineers and Associates, which represents the workers, said there will be a noticeable effect on operations.

"There's not enough people to replace us, so work will definitely be impacted," union spokeswoman Michelle Duncan said.

Duncan said Candu employees have stopped the ongoing safety analysis that's performed on reactors, and are not available to make any repairs to the reactors.

Striking Candu employees receive a high-five from a passing vehicle as they picket the facility in Mississauga on Monday. FRANK GUNN/THE CANADIAN PRESS

Candu spokeswoman Katherine Ward said the company does not operate any nuclear power plants so the strike action should have no impact on the day-to-day operations at the plants.

"We've implemented extensive contingency plans to deliver on our customer priorities, and have been talking to our customers almost continually since before the strike began," said Ward.

Candu is owned by Montreal-based engineering giant SNC-Lavalin, and its employees design, build and service nuclear reactors that supply nearly half of Ontario's electricity and 16 per cent of Canada's overall electricity requirements.

The company has operations in Ontario, Quebec and New Brunswick. Reactors designed by Candu supply more than 22,000 megawatts of power at sites around the world.

THE CANADIAN PRESS

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CHURCH OF GOD INTERNATIONAL – *SATURDAY, JULY 14TH, 2012*
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SO MANY THINGS WRONG WITH THIS PICTURE

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Something strange happened last week; a Victoria's Secret model became newsworthy because of her distinct lack of curves. In a Facebook campaign for the lingerie brand's Swim Style Finder, a bow-legged model appears noticeably distorted and her beach bum has been entirely eradicated thanks to some overzealous airbrushing.

I guess in some ways, it's kind of comforting to know that even Victoria's Secret models don't actually look like Victoria's Secret models.

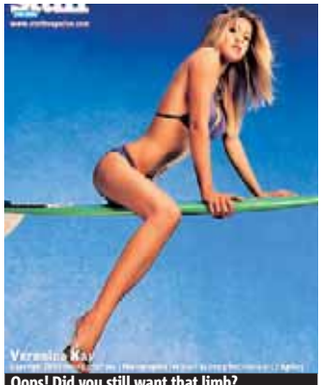
While we've come to expect that advertisers and magazines offer a somewhat imagined version of reality — a glossy fantasy land in which women wear couture to the office and spend hours preparing DIY oatmeal face masks — many take the desire to retouch reality a bit too far. Turning back time, erasing blemishes, smoothing cellulite and digitally carving bodies into nothing more than clothing racks with hollowed out cheekbones has become the norm.

Stars without Photoshop

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because just like us, they also suffer from the effects of sun damage and bad lighting, and too much tequila the night before.

Some egregious examples of Photoshop gone wrong are laughable — check out PhotoshopofHorrors.com (see example pictured below) for some particularly cringe-worthy examples — but there are also serious implications when it comes to reimagining human anatomy to create an unrealistic version of beauty.

Earlier this year, 14-year-old Julia Bluhm started a crusade against digitally altered photographs in Seventeen magazine. The eighth grader's online petition gathered more than 84,000 signatures, and, last week, Seventeen made a promise to "celebrate every kind of beauty" and use images of real girls and healthy models within the pages of the magazine. Of course, their advertisers aren't vowing to abstain from Photoshop, so I'm sure their young readers will still be subjected to whittled down waistlines and excessively whitened smiles.



Oops! Did you still want that limb?
NICK MCGLYNN/PHOTOSHOPOFHORRORS.COM

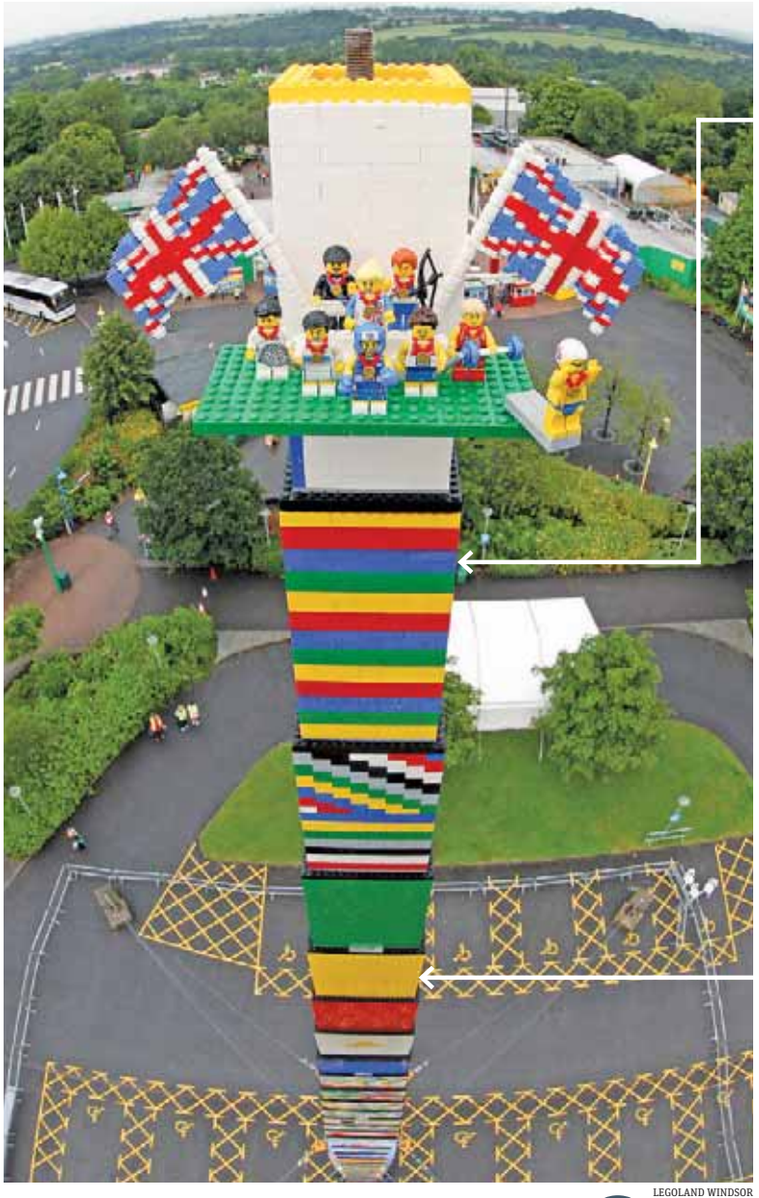
Personally, I'd much rather look at images of celebrities and models in their un-Photoshopped glory, without layers of makeup and Spanx. I know it's shallow, but I enjoy those close-up images taken at awkward angles that make me feel better about my own imperfections. The realness of celebrities is what I find interesting, not the airbrushed artifice.

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because just like us, they also suffer from the effects of sun damage and bad lighting, and too much tequila the night before. Except maybe Jennifer Aniston — whose flawless body is presumably a result of her dedication to Smartwater, yoga and her never-ending breakup diet.

Ultimately, what fashion magazines and advertisers might not understand is that most of us don't want to look at pages filled with hyper-real, computer-generated bodies. Readers want to see women with both style and substance and preferably, with all of their limbs intact.

Follow Jessica Napier on Twitter @MetroSheSays

It's the real toy storeys



LEGOLAND WINDSOR

Crazy construction

Brits build world's tallest Lego tower

As it's Olympic year, the Brits are keen to break records. Britain has reclaimed its record for the world's tallest tower made from pieces of Lego from South Korea. During the weekend, hundreds of volunteers completed the 32-metre-high tower, which now resides at Legoland Windsor theme park near London.
METRO

Tower of Lego? It's more Tower of Vertigo. LEGOLAND WINDSOR

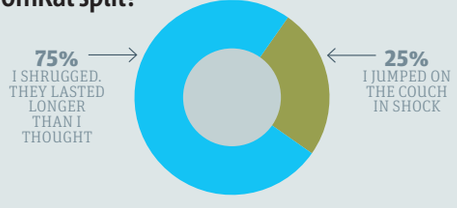
Tower in detail

- **Record height.** 32 metres (beating Seoul's record of 31.9 metres), the same height as a nine-storey building.
- **Brick work.** Made up of more than 500,000 pieces, it comprises over 160 sections and nine Lego figurines.
- **History.** Tallest Lego tower first recorded in London in 1988 was for a tower of more than 15 metres.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What was your initial reaction to the TomKat split?



Twitter

@calicoco468: In #writerhell a critic stands behind you whispering "Simpsons already did that" about every idea you come up with.

@cjoanporter: Hot firefighters alert at Queen and Bathurst. It almost makes up for being screwed over by short-turning streetcars.

@callitfootball: When did 'Tailored trends' become the Twitter default? I was wondering why football topics were suddenly on everybody's mind

@Danny_Tosh: Being popular on Twitter is like sitting at the cool table in the cafeteria at a mental hospital.

@justinjourno: Menacing clouds hover over #midtown #stclair

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2

SCENE

Scene in brief

Kourtney adds one more Kardashian to the clan

Kourtney Kardashian has given birth to a baby girl and she's naming her Penelope. The reality TV star told E! News that her second child with boyfriend Scott Disick was born early Sunday at Cedars-Sinai Medical Center and weighed seven pounds, 14 ounces. Her full name is Penelope Scotland Disick. Kardashian said mother and child were "resting comfortably." She and Disick have a two-year-old son named Mason. Both of her pregnancies were highly publicized. Her sister, Kim, wrote on her website that the family was thrilled to finally meet the newborn.
THE ASSOCIATED PRESS

On the web

For tabloid fodder, Cruise-Holmes split a celebrity divorce like the good ol' days

Between the mega-success of this spring's The Avengers — with a worldwide take of more than $1 billion — and the anticipated arrival of The Dark Knight Rises later this month, it's quite the year for comic book movies, making this week's San Diego Comic-Con that much more exciting. Here's some of the stuff we're looking forward to most at the annual nerd-fest, and be sure to follow along on Twitter (@nedrick) for behind-the-scenes updates from the Con all weekend long.

NED EHRBAR
Metro World News in Hollywood

Comic-Con sneak peek

Movies

Comic-Con has become the proving ground for studio blockbusters, and with a lot of franchises coming to an end — Christopher Nolan's Batman series for example — the big question is what will be keeping fans lining up for the next few years.

The Hobbit: Peter Jackson completed principal photography on his two-film adaptation of the J.R.R. Tolkien classic just last week, so hopefully he'll have something exciting.

Iron Man 3: While filming hasn't started yet on the franchise juggernaut and Avengers followup, fans will be eager for whatever surprises Marvel super-producer Kevin Feige decides to unveil. Who knows, maybe Robert Downey Jr. will even make an appearance.

Elysium: Visionary filmmaker Neill Blomkamp is bringing in some big guns for his followup to 2009's District 9, including stars Matt Damon and Jodie Foster — not exactly a familiar Comic-Con face. We're just excited to learn more about the class warfare sci-fi film, to be released next March.

Django Unchained: We're stoked to get a glimpse at Quentin Tarantino's next flick, a revenge-fueled western starring Jamie Foxx as a freed slave. Tarantino will be on hand along with Foxx and Christoph Waltz.

The Hobbit. HANDOUT

Benedict Cumberbatch GETTY

TV

Hits of the small screen have become a bigger part of Comic-Con — this year marks the first time TV shows have held panels in the massive Hall H, usually the exclusive domain of studio films. We'll be watching out for news on some returning shows and some new entries.

The Walking Dead: The popularity of the zombie drama's first appearance at Comic-Con two years ago caught organizers off-guard, but by now they should be ready for the massive fan outpouring. And with the show's third season debuting in October, we're hoping to learn some juicy details.

Community: The cast of the quirky comedy with a passionate — if small — fan base returns to Comic-Con on the heels of series creator Dan Harmon's news-making termination this spring. We're curious to hear what direction the show will take with new bosses — and a reduced episode order.

Elementary: The BBC's modernized Sherlock, starring Benedict Cumberbatch, has been a major success, so an American take was almost inevitable. This one finds a still-British Holmes (played by Johnny Lee Miller, who co-starred with Cumberbatch onstage in Frankenstein last year) fresh out of rehab and in New York, accompanied by a female Watson (Lucy Liu).

Zombies

Comic-Con taking place a week earlier this year — due to the Olympics — means the middle of the fest falls on Friday the 13th, amping up the already prevalent Halloween-in-July feel around Downtown San Diego. And zombies are proving to be the hot ticket his year.

Zombie Walk: Celebrating its sixth year at the Con, this parade of undead enthusiasts promises to be the biggest yet. Hundreds of zombified folks will take over the Gaslamp Quarter.

The Walking Dead Escape: The popular zombie cable series is taking over Petco Park, home of the San Diego Padres, to create a zombie apocalypse survival course.

The Walking Dead HANDOUT

DVD reviews

American Reunion

Director. John Hurwitz, Hayden Schlossberg

Stars. Jason Biggs, Alyson Hannigan, Seann William Scott

●●●○○

American Reunion, co-directed and co-written by Jon Hurwitz and Hayden Schlossberg, might just be the funniest issue yet from the American Pie franchise factory. Thirteen years has passed since the five lads from American Pie made a pact to lose their virginity at prom; now there's a desperate pitch to rekindle stalled libidos at a high school reconvening. Remarkably, American Reunion manages to get every major original cast member back. The directors are unable to shepherd this large cast to a new destination — American Reunion rehashes the same old gags over a ponderous 112 minutes.
PETER HOWELL

Comic-Con Episode IV: A Fan's Hope

Director. Morgan Spurlock

Stars. Kevin Smith, Stan Lee

●●●●○

A funny thing happens at a geek convention in Morgan Spurlock's latest documentary, Comic-Con Episode IV: A Fan's Hope, and it's not the usual riffs. The annual summer nerd nirvana in San Diego would ordinarily be like shooting fish in a barrel for Spurlock, whose previous docs have skewered McDonald's, Osama bin Laden and movie product placements. Spurlock realizes this, and instead approaches "The Con" from the perspective of a highly intrigued observer.
PETER HOWELL

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The worlds of William McKinley and Riverdale are about to meet

Archie and Glee get together. Comic-book redhead and his clan get some visitors from the world of TV in a four-issue story

Glee will get the comic-book treatment later this year or early in 2013 when they appear in the pages of Archie comics. HANDOUT

The kids from Riverdale are no strangers to high school angst, worries about fitting in or music. Neither are the teens from Glee.

Now, Archie, Betty, Veronica and resident boy genius Dilton Doiley will match wits — and maybe a vocal or two — with the likes of Finn Hudson, Kurt Hummel and Rachel Berry in the pages of Archie Comics, said Jon Goldwater, the co-chief executive officer.

Goldwater unveiled the planned collaboration on Monday, ahead of Wednesday's start of Comic-Con in San Diego.

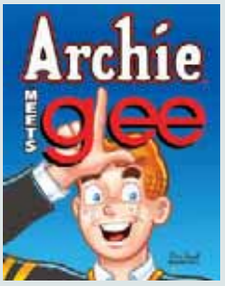
He said the crossover between the Fox show and the comic book is set for later this year or in early 2013, and is being written by Roberto Aguirre-Sacasa, one of the television show's writers. It features multiple characters from the long-running comic book and the Fox show now in its third year. Dan Parent is illustrating the story.

"I've become friendly with Roberto — he's just a genius writer," said Goldwater, who met the playwright last year at New York Comic Con when he stopped by Archie Comic Publications Inc.'s booth. "He and I were shooting the breeze."

That visit sparked a friendship and, ultimately, the idea for the crossover. "It turns out he's been a fan of Archie for years. His most recent Halloween costume? He was dressed as Archie!" Goldwater said.

THE ASSOCIATED PRESS

Broadening horizons



More to Archie than Betty and Veronica

The plot of the story arc in Archie Comics is a closely-held secret, but it does involve some parallel dimensions, dancing and some serious singing, too. It's also the latest step for the publisher, which has expanded its pop cultural offerings beyond just Jughead, Midge and Mr. Weatherbee. In the past two years, Archie Comics has brought in an openly-gay character; been visited by the band Kiss; and seen Archie marry Valerie, the bassist for Josie and the Pussycats, and have a daughter with her.

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Salma Hayek ALL PHOTOS GETTY IMAGES

No Savages for mini Salma

Salma Hayek admits that her 4-year-old daughter, Valentina, won't be seeing her latest film, Oliver Stone's Savages, in which Hayek plays the head of a bloody Mexican drug cartel.

"She's not going to watch this movie," she insists during a visit to The Tonight Show to promote the film.

"Actually, this was the only movie that she was not on the set. I usually bring her on the set and she always likes to sit right next to the monitor and she bosses everyone around. I know Oliver Stone would have not let her come in and say, 'Excuse me, Oliver, let me take over the set.' No."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jolie had no love for Jagger's moves

THE WORD
Monica Weymouth
Metro World News in New York

You can add Mick Jagger to the long list of people bewitched by Angelina Jolie.

In a new biography, Mick: The Wild Life and Mad Genius of Jagger, Christopher Anderson claims the Rolling Stones frontman became obsessed with Jolie after she played a sullen stripper in the video for their 1997 single Anybody Seen My Baby.

Although Jolie was married to Jonny Lee Miller at the time, Anderson claims that Jagger left her countless voicemails during which he was "virtually sobbing" and pursued her for several years.

Jolie didn't return his calls, but her mother "loved Mick for Angie and felt that he could teach her about fame," according to a family friend.

So why would Jagger waste his time on the one half-naked 22-year-old actress who wouldn't call him back?

"She scares me a little. I like that," he's quoted as admitting in the book.

This, mind you, from the man who spent decades waking up on hotel floors next to the hungover ghost of Keith Richards.

Angelina, we are, as always, impressed.

Sienna Miller

The stork has come for Sienna

Sienna Miller gave birth to a baby girl in London over the weekend, according to Us Weekly. This is the first child for Miller and fiancé Tom Sturridge. The notoriously press-shy Miller has said very little about her pregnancy, but in April she did open up to British Vogue: "Even though I'm under strict instructions not to say anything, as it would completely defeat the point of everything I've tried to achieve in the last eight years, I'm feeling fine. It's all progressing nicely and it's very exciting," she said.

Twitter

@ActuallyNPH
Taking the train from Paris to London. Am I wrong, or is travel by train the greatest, calmest, classiest thing ever?

@ebertchicago
As an experienced ex-drunk, I want to know: How do the guys on "Mad Men" drink like that all day and get home (or anywhere) in one piece?

@AlbertBrooks
Dreamt I was sick and had to go before a death panel. They said I should die but they really liked my movies.

@SarahKSilverman
Ironically, "note to self" is only ever said for other people's benefit

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Cellulite: with you for life?

Fat. Cellulite can happen to anyone. Your age and size has little to do with it. Metro speaks to body and beauty experts to find out why some of us develop these dreaded lumps and bumps.

ROMINA MCGUINNESS
Metro World News

Women mainly, and men increasingly, spend huge amounts of time and money on anti-wrinkle creams, laser hair removal and personal trainers in order to get smooth, flawless skin. But there are some things no miracle cream can fix. Cellulite is one of them.

Why your skin looks lumpy

"Cellulite is fat, water and lymphatic fluid trapped in a webbing of tough collagen fibers under the skin," says Maria Hatzistefanis, founder beauty brand Rodial. "If this connective tissue becomes weakened, small pockets of fat and fluid can push through towards the surface, becoming more visible."

How it's formed

Skin type and hormones — rather than diet or exercise — determine the formation and appearance of cellulite, Julie Cichocki, beauty expert for cult beauty brand Karin Herzog (a favourite of Kate Middleton) tells Metro how it happens.

"Female hormones (estrogen) increase fat stores and dictate the pattern in which the fat is formed. Genetically, women form fat in a different pattern to men; around her hips and thighs and around the middle are the typical areas for cellulite. This is to make a woman's body curvy, attractive and fit for childbirth. Cellulite is formed just under the surface of the skin, in the hypodermis, which is the only layer where hormones govern the laying down of fat cells. If estrogen is high, fat cells will form in the hypodermis. Toxins are then stored in these fat cells and the more toxins we store, the bigger the surface size of the fat cell and the more water it can hold. As the fat cell swells, it becomes enlarged and lumpy."

What about men?

A woman's skin is finer and more elastic than a man's so any cellulite formed will be more visible. Celebrity trainer Justin Gelband states that while cellulite can occasionally be seen on men, they'd have to be really overweight.

"Women produce estrogen, which produces fat whereas men produce testosterone, which eats up fat," he adds.

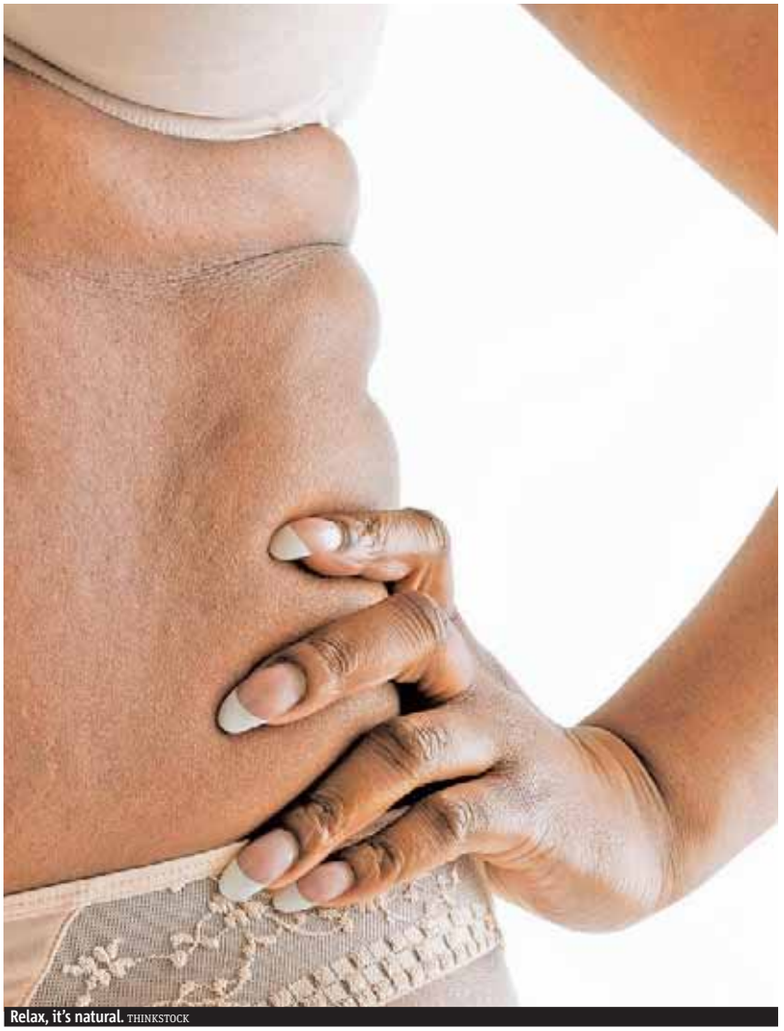
Beauty Pick

Elemis: Body Detox Skin Brush

HOW TO: Brush upwards from the soles of the feet to boost sluggish circulation and remove dead skin cells.
$47
elemis.com

Quoted

"An estimated 90 per cent of women have cellulite and will never get rid of it. You can change the levels of it, but you will always have it."
Justin Gelband
celebrity fitness trainer



Relax, it's natural. THINKSTOCK

Advice

How you can hide the bumps

MARIA HATZISTEFANIS
Founder of Rodial beauty

Maria Hatzistefanis founder of Rodial beauty, shares her top three cellulite busting tricks:

1 Fake tan: this helps to hide cellulite and makes the skin appear smoother and less bumpy.

2 Drink lots of water: to flush out the toxins in the body that cause connective tissues to harden and form cellulite.

3 Eat whole foods: including plenty of fruit, vegetables, white meat, pulses, low fat dairy products and moderate amounts of lean red meat, eggs, nuts and olive oil. Going teetotal, giving up caffeine, and avoiding all sugary, salty and processed foods also helps.

3 LIFE

Firming Creams

L'Occitane: Almond shaping delight

This cream works to refine and reshape the contours of your body distorted by cellulite. It's plant-based complex includes Almond tree buds, rich in draining flavonoids, that helps release existing fat cells throughout the entire body. $59 loccitane.com.

Nip + Fab

This feels cool and tingly against the skin and definitely makes if feel tighter. Twice daily application stimulates lipolytic activity (release of fatty acids from fat cells) and reduces the amount of fat deposited in the skin tissues. $28.29 nipandfab.com

METRO

On the Web

Seventeen magazine offers 'body peace treaty' after teen crusader takes on altered photos

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111533

If you eat it now, you could pay for it later

Food intolerance. Avoid the things that you are sensitive to – it will make you feel better and could help you lose weight

CELIA MILNE
life@metronews.ca

Certain foods giving you gas?

Maybe you have a food intolerance. Kary Dick, 50, a Toronto mother of two children and owner of a clothing boutique, got tested and found out she was intolerant to corn, white potatoes, oats, barley, vinegar, and cheeses that are high in mold content such as cheddar, Parmesan and brie.

When Kary ate these foods, she felt bloated and tired. Her body was having an immune reaction to those foods. Once she avoided them and learned to substitute with other options, she felt much better. Now her whole family avoids certain foods, such as gluten, which is a common source of food intolerance.

A recent study published in the Journal of Obesity and Weight Loss Therapy found that avoiding foods you are sensitive to can not only make you feel better, it can help you lose weight. Researchers in Miami conducted a study with 120 subjects.

They tested them and then removed reactive foods from their diets for 90 days.

Be careful of what you eat. ISTOCK PHOTOS

Quote

"It can result in severe symptoms such as difficulty breathing, swelling of the lips and throat."

Dr. Mubina Jiwa
A naturopath in Toronto

At the end of the study, those who stopped eating foods they were intolerant to, lost weight, and had a reduced BMI, as well as lower waist and hip measurement and decreased blood pressure.

"Since I changed my diet I am down in weight, I do not have any bloating and my energy level is much better," says Kary.

She is not alone. It's been estimated that 30 per cent of the population suffers from food intolerance.

The difference between food allergies and food intolerances is severity.

"An allergy is typically an immediate reaction that a person has as soon as they eat, inhale or contact a substance," says Dr. Mubina Jiwa, a naturopath in Toronto. "It can result in severe symptoms such as difficulty breathing, swelling of the lips and throat and it may be life-threatening.

"Intolerances, on the other hand, tend to manifest a few hours or up to several days after ingestion of a food. Typical aggravations vary and can include acne, eczema, psoriasis, joint pain, low energy, migraine, chronic congestion, indigestion, weight imbalance, bloating, or an overall feeling of ill health. These issues tend to be chronic and difficult to correlate to a specific food," she says.

Some food intolerance testing systems, such as a Canadian one called Hemocode, provide not only testing, but they also help customers to learn to live without problematic foods.

Intolerance

According to Gemoscan Canada the following are the 10 foods that Canadians are most commonly intolerant to:

- **Top 10.** pork, bananas, peanuts, wheat, aspartame, wheat flour, coffee, cocoa beans, oranges, tangerines

Best Health

Summer food smarts

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In this season of picnics, road trips, camping and BBQs, food poisoning can happen easily if you're not careful. The Summer issue of Best Health magazine offers food safety tips from registered dietitian Sue Mah.

Wash your hands
It's the number one rule any time of year. Take 20 seconds to do it — and you can help kids learn how long that is by telling them 20 seconds is about how long it takes to sing, "Twinkle, Twinkle, Little Star." When soap and water aren't available, use an antibacterial hand sanitizer or wipes.

Keep everything cool
Snacks and drinks should be kept in a cooler or insulated bag with a couple of frozen ice packs. Cold foods must be kept below four degrees Celcius.

Anything warmer than that is in the danger zone where harmful bacteria start to grow.

Raw meat should be packed in a separate cooler away from other food if possible, or at the very least, make sure meat is completely sealed and placed at the bottom of the cooler to prevent juices dripping on other food.

For picnics and BBQs, when food is put out on the table, set it over a bowl of ice.

Use two sets of tools when grilling
In each set, have a pair of tongs, marinating brush and a cutting board.

Use one set for uncooked meats, the other for cooked foods. And always use a thermometer for meat and poultry to ensure bacteria has been killed.

Ground beef burgers should reach an internal temperature of 72 degrees Celsius; chicken breast at least 74 degrees; and medium-rare steak is 63 degrees.

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Thoughts on...

Becoming

We're all nearly always in the process of learning something new, developing an underused ability or talent, or toning down an overused one.

Some of us are involved in learning how to speak up for ourselves, while others are learning how to be more considerate.

In the process of becoming, we are always developing and fine tuning one of our many qualities, and it is a natural part of this process that things tend to get out of balance.

This may be upsetting to us, or the people around us, but we can trust that it's a normal part of the work of self-development.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE

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APOTEX
ADVANCING GENERICS

AIDS turning point? Experts to meet amid optimism for HIV prevention

Medicine. Recent results have some daring to ask if we're approaching a time where AIDS is no longer a deadly threat

More than 20,000 international HIV researchers and activists will gather in the U.S. capital later this month with a sense of optimism not seen in many years JACQUELYN MARTIN/THE ASSOCIATED PRESS

An AIDS-free generation: It seems an audacious goal, considering how the HIV epidemic is still raging around the world.

Yet more than 20,000 international HIV researchers and activists will gather later this month with a hope that it finally may be possible to dramatically stem the spread of the AIDS virus.

"We want to make sure we don't overpromise," Dr. Anthony Fauci, the National Institutes of Health's infectious disease chief, said. But, he added, "I think we are at a turning point."

The big new focus is on trying to get more people with HIV treated early, when they're first infected, instead of waiting until they're weakened or sick, as the world largely has done until now. Staying healthier also makes them less likely to infect others.

That's a tall order.

But studies over the past two years have shown what Fauci calls "striking, sometimes breathtaking results," in preventing people at high risk of HIV from getting it in some of the hardest-hit countries, using this treatment-as-prevention and some other protections.

Now, as the International AIDS Conference returns to the U.S. for the first time in 22 years, the question is whether the world will come up with the money and the know-how to put the best combinations of protections into practice, for AIDS-ravaged poor countries and hot spots in developed nations as well.

"We have the tools to make it happen," said Dr. Elly Katabira, president of the International AIDS Society, which organizes the world's largest HIV conference, set for July 22-27. He points to strides already made in Botswana and Rwanda in increasing access to AIDS drugs.

But Fauci cautioned that moving those tools into everyday life is "a daunting challenge," given the costs of medications and the difficulty in getting people to take them for years despite poverty and other competing health and social problems.

In the U.S., part of that challenge is complacency. Despite 50,000 new HIV infections here every year, an AP-GfK poll finds that very few people in the United States worry about getting the virus.

Also, HIV increasingly is an epidemic of the poor, minorities and urban areas such as the District of Columbia, where the rate of infection rivals some developing countries. THE ASSOCIATED PRESS

Quote

"We want to make sure we don't overpromise. I think we are at a turning point."

Dr. Anthony Fauci
The National Institutes of Health's infectious disease chief.

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The combination of spinach, spiced nuts, strawberries and goat cheese gives this salad loads of character.

Prepare the almonds in larger quantities and keep them in an airtight container for up to 2 weeks.

1. Preheat oven to 350 F. Line a baking sheet with foil and lightly coat with cooking spray.

2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl and add the brown sugar and cinnamon. Toss to coat.

3. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.

4. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.

5. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Spinach Salad with Cinnamon Almonds, Strawberries & Cheese

This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Cinnamon Almonds
- 1/4 cup whole almonds
- 1/3 cup packed brown sugar
- 1/2 tsp cinnamon

Salad
- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese

Dressing
- 1 1/2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard

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Health Solutions

Top five fruits

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

You are going to guess blueberries are the number one fruit, right? Well, any fruit is a great snack — especially if it replaces a sugary treat! But what you are truly looking for is a fruit that is high in fibre, vitamins and minerals and, yet, low in calories.

What really separates the men from the boys is the cancer fighting carotenoid content and that is hiding deep inside the fruits that are tinged red.

Of course, berries are your buddy but if you want to go beyond them, these are even better...

Guava
Guava contains only 50 calories per half cup but packs a wallop of carotenoid. One guava has four times the vitamin C of an orange. Find a red guava, make sure it is soft and ripe and eat it like an apple. Also try cooking it down into a jam to spread on toast.

Watermelon
Two cups of watermelon contain merely 90 delicious calories and plenty of satisfying water. Feel free to use a blender on the pulp and freeze it into Popsicles.

Papaya
Papaya delivers helpful enzymes for an upset stomach along with its meagre 60 calories, super nutrients and fibre in one cubed cup.

Cantaloupe
The redder the better. One cup gives up only 50 calories, but five per cent of your magnesium needs and six per cent of your fibre. Go ahead, serve it with prosciutto. It's that good.

Pink Grapefruit
Grapefruit has that red pigment that is doing all sorts of good things to your body. One half is just 50 calories.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Advice

Cottage entertaining

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I plan on having several friends and their families up to my cottage later this summer, however I'm not sure if it is OK to ask them to bring things, and if so, how do I ask? I specifically want to ask my friends to help with the food and gas expenses for the boat when they are water-skiing.
Cottage girl

Dear Cottage girl,

Every year this is a common problem amongst cottage-goers and their guests.

Firstly, may I say, if you are lucky enough to be an invited guest, don't wait to be asked, but take the initiative yourself to ask your hostess what you can bring. Have ideas ready for the kind of foods you would like to prepare that would travel easily and cook or re-heat easily at the cottage.

Now, as the hostess, have your game plan from the beginning.

When you invite your guests don't be afraid to say, "So Jane I'm really glad you are able to join us, now may I ask if you could please bring one of your world famous lasagnas and caesar salads to the cottage? I would love to serve that for lunch on Saturday. Just so you know, the head count will be four adults and six children."

And finally, the boat gas is the tough question, as you are asking for money.

What about saying something like, "Jane, I hope you understand but with the cost of gas these days, perhaps we can share some of the gas expense for the boat when the kids go water-skiing, as it's really expensive. We have calculated that a tank of gas costs $300 and lasts about four hours."

What's important is being straightforward and honest, but there is no shame in discussing what you need in terms of help to ensure the success of the weekend. Enjoy!

Cottages can be expensive, so guests should never visit empty-handed. ISTOCK

Forget about personality and values; let's give facial features its due credit

Facemate. Dating site matches people according to the shapes of their mugs

HEIDI PATALANO
Metro New York

Rita Wilson and Tom Hanks are seen by some to have similar faces. Maybe that's why they fit so well as a couple. GETTY IMAGES

It's not quite so strange when you really think about it: How many times have you looked at a couple and remarked that they could be brother and sister?

Those strange similarities a couple can share are no coincidence. Genetically, we have been trained to seek out those who have a face similar to our own, says founder of FindYourFacemate.com, Christina Bloom.

"There's part of the brain that's just focused on processing faces. It's the fusiform gyri. It's so important that we have a special area in our brain for it," Bloom says.

"If you think about human beings before we had language, or if you think about the way babies are — we learn things visually. That makes sense because that's how we mated. We just know what we like."

Bloom points to several examples of couples who have similar faces — Halle Berry and Olivier Martinez, and Tom Hanks and Rita Wilson, for instance.

She believes that matching people by their face shapes will ultimately lead to better chemistry and, hopefully, better coupling.

"After meeting (a date), you think of, 'Wow, it's because of his or her great personality, that's why I like them.' Well no," she says. "You already saw his or her face, and you were interested because of his or her face."

Bloom says that the criteria for a good match comes in this descending order: chemistry, style, values and personality. That's why her website puts looks first and foremost.

After uploading a photo, the site's algorithm analyzes 11 points on the face and matches it with others who share those traits. In the next three months, Bloom hopes to improve the algorithm by using 62 points on the face for more specialized matches.

To Bloom, the website is just helping us do what we already intuitively know how to do. "I've been looking at couples for 20-plus years, and I just think it's innate," she says.

"Basically, we're doing it without even knowing that we're doing it. I do not know how people don't see it."

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Switching banks is more complicated than it has ever been. ISTOCK IMAGES

Breaking up is hard to do

Divorcing your bank. A no-frills financial institution can save you money, but make sure it's right for you

YOUR MONEY
Alison Griffiths
money@metronews.ca

Perhaps the only life event that's worse than moving house is moving banks. Back in the olden days, you simply closed a chequing and maybe a savings account, took the money and went somewhere else.

Nowadays, with automatic debits and deposits, e-billing and multiple investment accounts from RRSPs to TFSAs and RESPs, packing up to leave a bank requires a whole lot more effort.

Mortgages or lines of credit can't easily be transferred and most people have three to six accounts and up to 15 automatic transactions that must be closed and reopened or redirected. So, divorcing your bank requires some thought.

I've stayed with banks simply because of a good relationship with a senior manager. However, bank employees often move to different branches, which means you can't count on the service continuing.

Alison's money rule

Pick the right bank by knowing your current and future banking needs

Not only that, but more rigid guidelines with respect to credit scores and debt-to-income ratios today give bank staff less latitude to bend the rules, even for their best clients.

Increasingly, the issue for consumers is banking fees, account, overdraft, debit and so on. About ten years ago, I got so fed up with rising fees at my bank that I switched to the low-fee, almost virtual President's Choice Financial with kiosks in Loblaws stores.

I did save tons of dough — actually, more than $3,000 over a couple of years. However, there is a downside, as I quickly discovered.

If you have a complicated financial life, as I do, with Canadian and U.S. transactions and a business, you will find the no-frills banks can't provide a full suite of services such as convenient currency exchange. Also, some things like stop payments are hit and miss.

Additionally, if you have investment accounts, it's a little more complicated and you may elect to keep them at a regular bank.

However, virtual banks are offering RRSPs and TFSAs. ING and President's Choice, for example, have some investment options beyond GICs — mostly mutual funds. And at ING you can now open a business account.

You certainly can save money and streamline your life by going to a no-frills banker. Just be sure that what's offered fits your needs.

Online tools

- **Details.** Check out the Financial Consumer Agency of Canada's bank selector tool: fcac-acfc.gc.ca/eng/resources/toolCalculator/banking/index-eng.asp.

Are you a smart spender or a cheapskate?

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I was at a corporate Stampede function last week in Calgary and a gentleman asked what I write about. "Frugality," I said. To which he responded jokingly, "So, you're a cheapskate."

Frugal living is not the same thing as being cheap. Frugal people maximize the dollars they've worked hard to earn by negotiating prices, finding deals, couponing, buying on sale and determining the best ways to buy products for the lowest possible price.

Sure, sometimes my friends think I'm cheap because I don't drive a fancy car, I love free events, I buy in bulk, and Kijiji is my best friend, but I disagree. I'm a smart spender.

Cheapskates have a bad rap for not buying what they need when they need it because they are afraid to spend their money. When they do spend, they'll buy a cheap product that doesn't last, which then creates unnecessary waste and costs more long-term because it breaks and needs to be replaced.

Are you more frugal than cheap?

- Cheap: Do you purchase the lowest-priced product regardless of quality?
- Frugal: Are you willing to pay more for affordable-quality products?
- Cheap: Do you avoid tipping a service provider at all costs?
- Frugal: Do you tip according to the quality of service?
- Cheap: When the bill comes, do you bolt out of the restaurant and hope your friends overpaid?
- Frugal: Do you divide up the dinner bill according to who ate what?
- Cheap: Are you into pirating books, movies and music?
- Frugal: Do you like to borrow books, movies and music from friends or the library?
- Cheap: Do you avoid offering to pay for a pal's coffee?
- Frugal: Do you swap back and forth between who pays for coffee?
- Cheap: Do you show up at dinner parties empty-handed?
- Frugal: Do you encourage friends to host potluck dinners so that nobody has to shoulder the entire grocery bill?

Leslie on frugality

Sure, sometimes my friends think I'm cheap because I buy in bulk and Kijiji is my best friend, but I disagree. I'm a smart spender.

If your budget is pinched and you're desperate to save pennies, live frugally rather than cheaply. Buy higher-quality pieces like furniture, appliances, clothing and household accessories second-hand.

Wait and save up to make purchases. Buy fewer items when grocery shopping, coupon, negotiate prices and use a budget to monitor your progress.

Anyone can live frugally without compromising their lifestyle. ISTOCK IMAGES

And, if you are in dire need of something essential such as medication, transit passes or baby formula, don't go without. That could be harmful to your health and livelihood. Instead, re-prioritize your budget, get financial assistance, apply for subsidies and take advantage of tax credits.

With a little effort, anyone can live frugally, save money and not compromise their lifestyle.

How to manage your money while going to school

Although post-secondary education is expensive, there are several ways to reduce costs and the financial weight of going to school.

These are described in a new online guide, Paying for Post-Secondary Education from the Financial Consumer Agency of Canada (@FCACan), available at itpaystoknow.gc.ca.

Even though it's easy to get credit cards on campus, for example, you should use credit cards carefully and avoid using them at all if you cannot pay off the entire balance at the end of each month.

Reduce the financial burden of post-secondary education. NEWS CANADA

Other ways to save

Living in your own place while you go to school may be a wonderful experience, but it's much more expensive than living with your parents.

In 2009, the average expenses over a four-year program for a student living alone were $77,132, compared with $51,763 for a student living at home — a difference of $25,369.

If you cannot live with your parents, consider living with roommates. Sharing accommodation is usually much cheaper than living in a student residence or in your own apartment.

To reduce your education costs, you can buy used books and sell the ones you no longer need, or trade them for books you will need later. Check with local consignment shops for more information.

Tuition fees often include medical and dental insurance. But you can usually waive the coverage provided by the school if you are already covered by your parents' or employer's insurance plans.

If you choose not to have the coverage, the cost of the insurance that would have been included automatically in your tuition fees will usually be refunded to you. This may amount to several hundred dollars a year, depending on the school's insurance plan.

Public transit passes may also be included in tuition fees, or you may get a student discount.

Your student card is also a good savings tool, as many businesses offer discounts for students with cards. Ask your school's student association to give you a list of businesses offering such discounts.

NEWS CANADA

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What exactly do women want? A man who has a job

Must love labour. Survey finds women think employment is crucial when choosing a partner, but men do not

KIERON MONKS
Metro World News

If you're an unemployed man you can forget about romance. According to a new survey from U.S. dating agency It's Just Lunch, most women are unwilling to date jobless men.

From a survey of 925 single women, just four per cent said they would date an unemployed man, with another 21 per cent saying: "Yes. But I'd be curious to see how they're keeping occupied." By contrast, 65 per cent of men said they would be interested in dating an unemployed woman.

"Not having a job will definitely make it harder for men to date someone they don't already know," says Irene LaCota, spokesperson for It's Just Lunch. "This is the rare area where women's old-fashioned beliefs about sex roles seem to apply."

"Women are not interested in unemployed men as partners," social scientist and author Dr. Catherine Hakim told Metro.

"The vast majority of women do take a man's income into account, right from the start. The vast majority of men take a woman's appearance and good looks into account but almost never her earning capacity."

Pretty but penniless?

"The vast majority of men take a woman's appearance and good looks into account but almost never her earning capacity.""
Dr. Catherine Hakim
Social scientist and author

The economy may have taken a toll on your bank account, but how is it affecting your love life? ISTOCK

A series of recent studies have found that women continue to see earning power as key. A Sunday Times poll in May found that 64 per cent of women wanted a partner to earn more than them, while a University of Virginia study found that wives are typically happier when the man is the main bread-winner.

"Women who take a man's wealth into consideration when dating are likely to be happier down the line," said study author Bradford Wilcox.

Workplace Law

Do work contracts still matter?

WORKPLACE LAW
Daniel Lublin
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Twitter: @danlublin

Do contracts really matter or are they irrelevant? In the often confusing world of workplace law, why are some agreements upheld, when many others are simply overlooked? The answer depends on the purpose that the contract is meant to serve.

Independent contractor agreements: It usually will not matter that workers have signed agreements stating they are contractors and not actually employees. Often, the contract represents little else than a 'label,' which is seldom sufficient. The true test is how the parties actually behave.

Post-employment restrictions: Many contracts contain broad restrictions preventing workers from competing with their former employers or soliciting their old clients following their departure. In certain cases these agreements will be enforced but in many others, they will easily be struck down. Why? Because employers often take a kitchen sink approach to drafting these restrictions. They bargain for more protection than they actually need but in doing so they sometimes get none at all. In general, the more one-sided a non-solicitation or non-competition agreement, the less likely a court will be to respect it.

Policy manuals: In one recent case, the employer argued that since the employee had not reported harassment as she was required to under the company's policy manual, the company could not take any steps to address it. As a result, it argued, it was the employee who had breached the employment relationship, not the harasser. The court easily dismissed this notion. Although terms in a policy manual can sometimes operate as conditions of an employee's job, those terms must be reasonable or they will not be upheld.

DANIEL A. LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN. TO READ THIS ARTICLE IN ITS ENTIRETY PLEASE VISIT METRONEWS.CA

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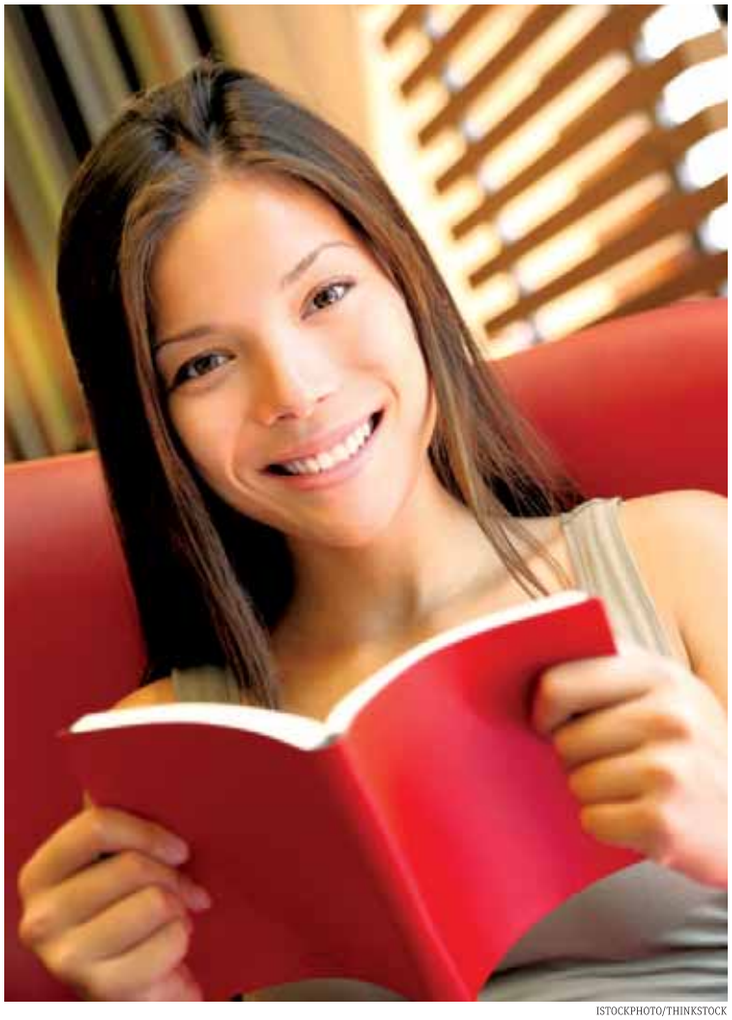

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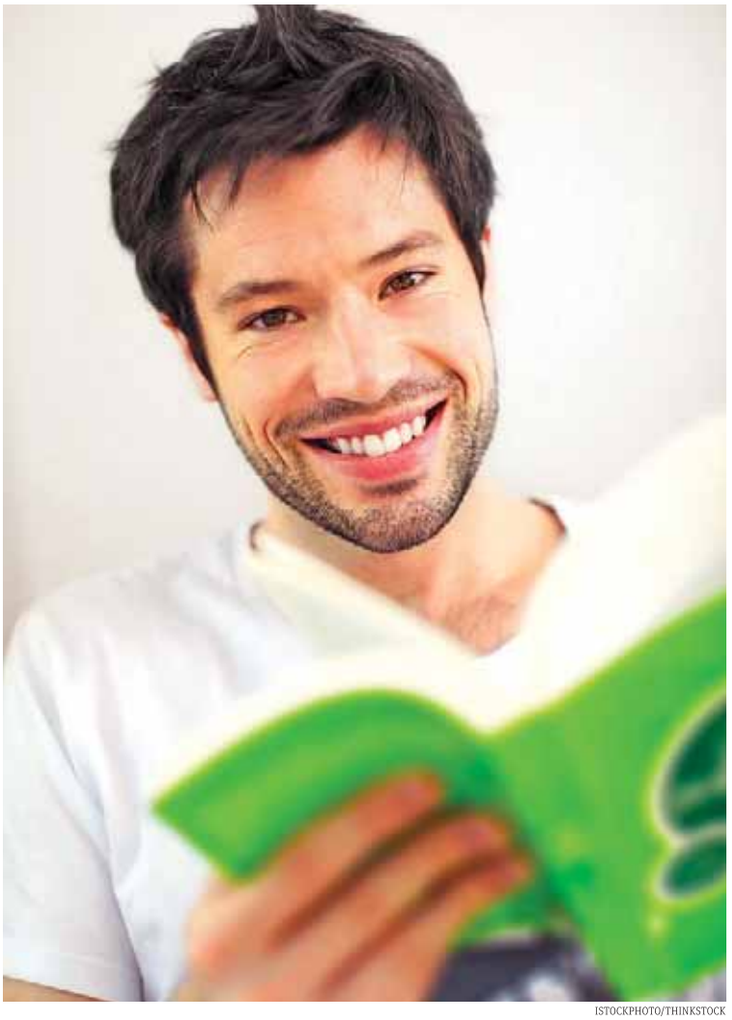


ISTOCKPHOTO/THINKSTOCK

THINKING AHEAD

TIME TO REVIEW LAST YEAR, GET A JUMP ON NEXT

Summer break offers a great chance to catch up on last year's university and college reading and to get ahead of the game come September.

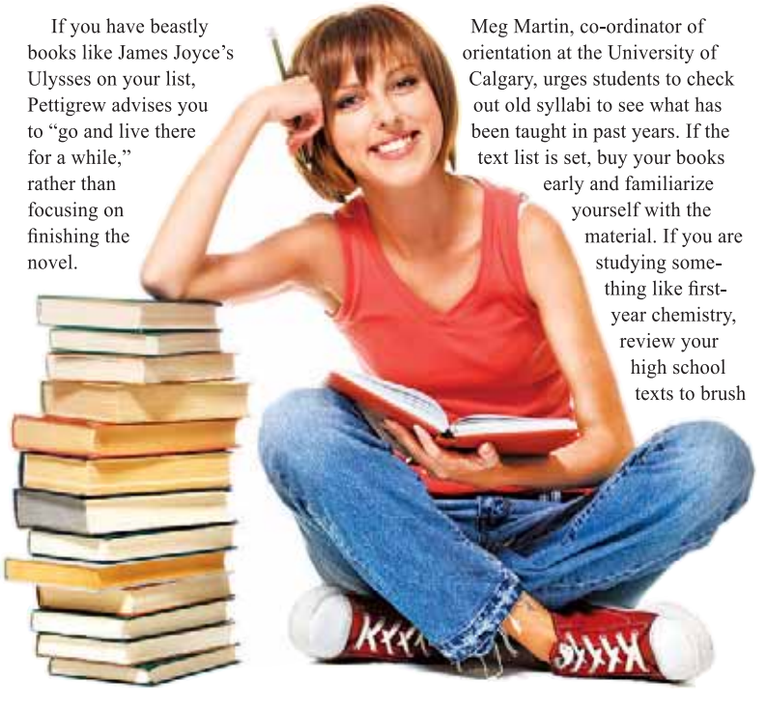
Todd Pettigrew, an associate professor of English at Cape Breton University, says reading ahead "saved his life" when he was doing his PhD.

"If you read it just because you feel like reading it, it's often a way to remind yourself that this is an interesting work of literature," he says. "One of the joys of summer for me has always been trying to carve out time to sit and read for pleasure."

First, catch up on last year's unfinished business. Second, get a start on next year's books.

Pettigrew says you can select books for double duty. For example, if you will be studying Russian literature and European history, Tolstoy's War and Peace will teach you about Napoleon's foolish attempt to take Moscow via one of the all-time greatest novels.

If you have beastly books like James Joyce's Ulysses on your list, Pettigrew advises you to "go and live there for a while," rather than focusing on finishing the novel.



Meg Martin, co-ordinator of orientation at the University of Calgary, urges students to check out old syllabi to see what has been taught in past years. If the text list is set, buy your books early and familiarize yourself with the material. If you are studying something like first-year chemistry, review your high school texts to brush up on the basic information.

You can also learn core skills during the summer that you might not have time for when school starts. "It can be a great time to look up things like how to use citation systems. That's a really fundamental skill," Martin says.

U of C has a summer program called Common Reading. Each year the university selects one book and invites everyone on campus to read it.

"It's community building on the one side, and on the other side it's meant to help orient students to the academic expectations of university," Martin says.

The book is usually academic and of broad interest in a range of disciplines. The book this year is Bitter Medicine: A Graphic Memoir of Mental Illness by Clem Martini and Olivier Martini. The book works into the curriculums across the university; those who compose the best reflection win free textbooks and dinner with the authors.

– Jon Tattrie

FACILITY UPGRADE

GEORGE BROWN SESL PROGRAM MOVES DOWNTOWN

GEORGE BROWN COLLEGE PHOTO

King Street East and the surrounding neighbourhood was the site of a unique spectacle June 22, as hundreds of students, staff and faculty from George Brown College's School of English as a Second Language (SESL) donned matching shirts to participate in events celebrating their move to the St. James campus.

The move to 341 King St. E. means ESL students will receive a top-notch educational experience in a beautifully renovated building consisting of 43 classrooms equipped with state-of-the-art technology, including SMARTBoards, computer labs, and a dedicated library.

"We believe we have the best team of accredited instructors," says Ian Wigglesworth, chair of the SESL. "We wanted to be sure our faculty and our diverse group of international and domestic students, from over 140 countries, have the best technological infrastructure."

This investment means students interact with the same technologies they will encounter in post-secondary classrooms and the workforce.

Sandor Huber, an international student from Hungary, is excited by the change. "I love the high-end technology in the classrooms and library."

The move places ESL students closer to some of the most popular post-secondary programs for ESL graduates, allowing them a greater opportunity to interact with students and staff prior to enrolment.

The new location is also a hit with students like Mireya Prieto, a domestic student originally from Colombia. "What I like best about the new campus is accessibility, the bright and clean space, and the great downtown location with a streetcar stop right in front of the school."

U OF TORONTO OFFERS BRIDGING PROGRAMS

FOR PHYSICAL THERAPISTS

Canada is home to many physical therapists educated outside of the country. However, not all of them can practise here. Some require additional knowledge and skills to meet Canada's entry-to-practice standards.

If you are one of these talented people, you can get the training you need at the University of Toronto.

U of T's department of physical therapy is the host site for the Ontario Internationally Educated Physical Therapy Bridging (OIEPB) program, funded through the Ministry of Citizenship and Immigration, with additional support from Citizenship and Immigration Canada.

For Nada Khairallah, a recent graduate, it provided exactly the mix of hard and soft skills she needed.

"I had eight years of experience as a physiotherapist in my home country, Lebanon," Khairallah remembers. "But it was very difficult to find a job in Canada related to physiotherapy.

"The program taught me Canadian communication skills and documentation style. Its workplace module helped me to create a professional network, which in turn helped me find a job even before I'd attained my independent practice registration."

Today, Khairallah is a fully registered physiotherapist, practising at the William Osler Health Centre.

The bridging program has two streams: A modular bridging program; and a 10-month, part-time comprehensive bridging program. The first modular program course begins September 2012. The next comprehensive program cohort begins May 2013; but the program is currently accepting applications for the Sept. 22 admission assessment.

The University of Toronto will be holding an information evening Aug. 15, at 7 p.m., at the Rehabilitation Sciences Building (500 University Ave.).

For more information, email iept@utoronto.ca or phone 416-946-8560. You can also visit the program website at physicaltherapy.utoronto.ca/iept/oiepb-program.

Physical Therapy
UNIVERSITY OF TORONTO

Ontario Internationally Educated Physical Therapy Bridging Program

The OIEPB Program is designed to provide educational opportunities for physical therapists educated outside of Canada, who already possess specified qualifications, to develop the additional knowledge, skills and clinical reasoning required to meet Canadian physiotherapy entry-to-practice standards.

Courses in the comprehensive OIEPB Program include:
- Health Care Culture and Communication
- Physical Therapy Practice within the Canadian Health Care System
- Fundamental and Integrated Systems Review
- Integrated Professional Practice and Clinical Internships

Information Evening:
MAY 2013 ADMISSIONS
Wednesday August 15, 7pm - 9pm
500 University Avenue, Room 140
Contact: iept@utoronto.ca to register

Ontario
Canada

- World-class faculty with the training and experience to help you succeed
- State-of-the-art technology to enhance your learning experience
- Minutes from the TTC + GO Transit in the heart of downtown Toronto
- On-site program advising with the opportunity for direct entry into College programs
- Access to all College facilities and services

Register online for an information session and tour of our School of ESL.

GEORGE BROWN COLLEGE School of English as a Second Language

Classes start: August 27, 2012
Application deadline: August 1, 2012
georgebrown.ca/esl

CENTENNIAL COLLEGE PHOTO

CENTENNIAL COLLEGE PHOTO

THE PULSE OF HEALTH-CARE MANAGEMENT

Hospitals, nursing homes, and other institutions of care cannot function without the hard work of many people. Not just doctors and nurses, but environmental service managers, too.

These are the men and women who keep buildings safe and energy efficient — developing systems and processes to protect workers, clients, and patients from environmental hazards present in the health-care setting. Their work is vital. It's also much more complicated than it used to be.

This fall, Centennial College introduces its Healthcare Environmental Services Management (HESM) program — an Ontario college diploma program designed to address concerns about the level of training managers now need to do their jobs effectively. As the number of people entering this field continues to grow, it is crucial they be properly prepared.

PROGRAM INFO

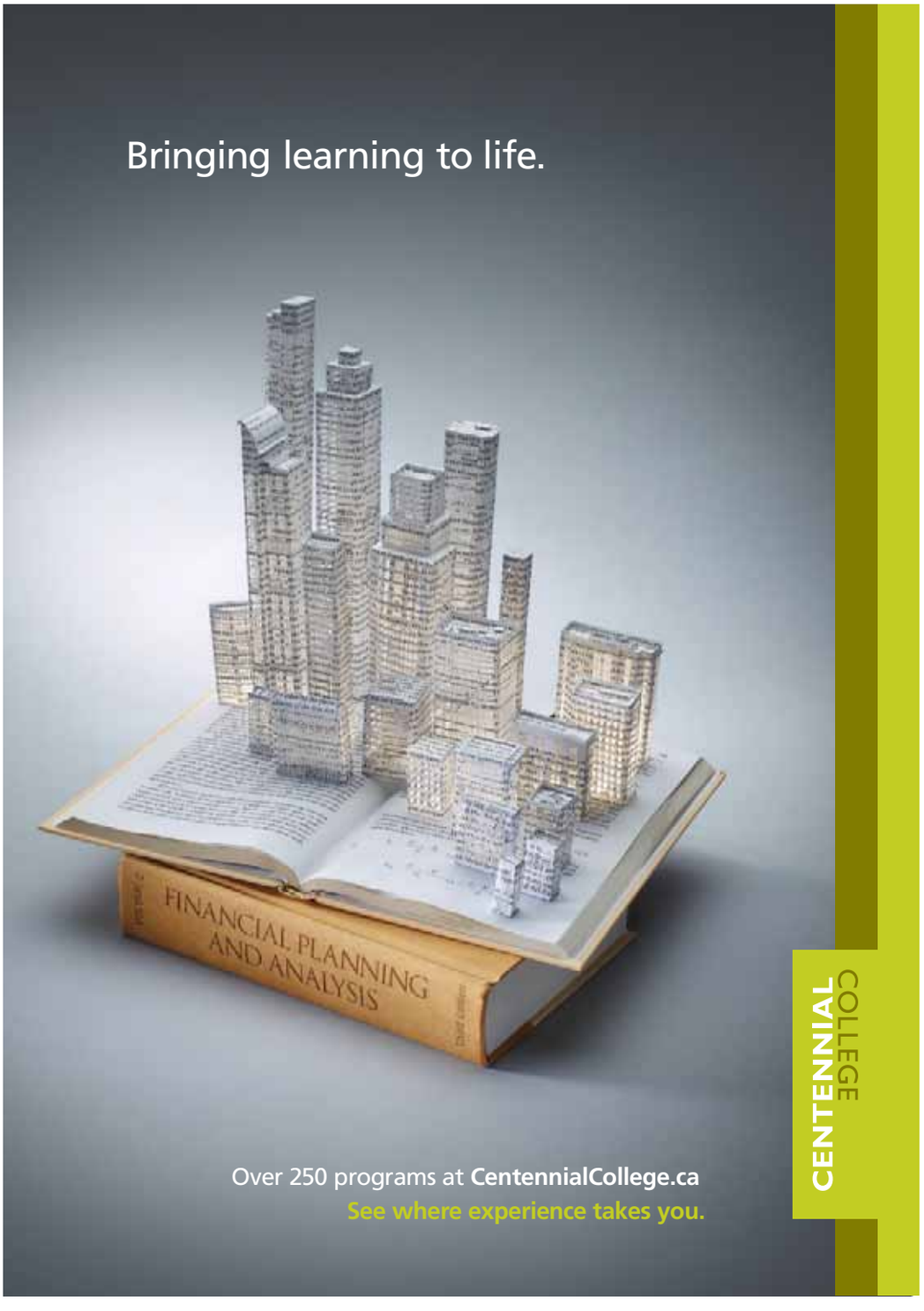
To learn more about the Healthcare Environmental Services Management program, email the Health Studies office at healthstudies@centennialcollege.ca or phone 416-289-5303. To apply for the program, visit ontariocolleges.ca.

Classes begin Sept. 4, at Centennial's Morningside campus.

This program will make you ready for the health-care workplace of today: One more concerned with occupational health and safety issues, infection control measures, handling of chemicals, and operation of machinery; not to mention financial management and labour relations issues.

You will learn to develop, implement, and monitor operating systems; think critically; problem solve; work with diverse teams; and adapt to change. The curriculum teaches a mix of hard and soft skills, maximizing your potential for a successful career. Further, it challenges you to look beyond the issues affecting your own workplace, and even your own culture.

The HESM program lasts two years (four semesters) and is suitable for people new to the industry as well as those already in it. Graduates will be qualified to work in hospitals, nursing homes, and retirement homes, along with commercial buildings, schools, and residential buildings.


Bringing learning to life.
FINANCIAL PLANNING AND ANALYSIS
Over 250 programs at CentennialCollege.ca
See where experience takes you.
CENTENNIAL COLLEGE

4 SPORTS

Horse racing

I'll Have Another sold to Japan

The owner of I'll Have Another says he sold his Kentucky Derby and Preakness winner to a farm in Japan for $10 million US, a price that far exceeded any amount he was offered in the United States. J. Paul Reddam, who hails from Windsor, made his comments on the bloodhorse.com website. I'll Have Another was retired with a tendon injury before he was to run in the Belmont Stakes and attempt to become the first Triple Crown champion in 34 years.

Mobile news

It's the all-star break and much of baseball has been turned upside down since the final out of the crazy World Series last October. For example, Pittsburgh and Washington are together in first place for the first time. Scan the code to read what else has changed.

Cycling. Armstrong's lawsuit against USADA dismissed for now

A federal judge handed Lance Armstrong a quick setback Monday as he went to court to save his seven Tour de France titles and his reputation as one of the greatest cyclists ever.

Armstrong filed a lawsuit aimed at preventing the U.S. Anti-Doping Agency from moving ahead with charges that he used performance-enhancing drugs throughout much of his long career.

Within hours, U.S. District Court Judge Sam Sparks in Austin dismissed the 80-page complaint. He said it seemed more intended to whip up public opinion in Armstrong's favour than focus on legal arguments.

Sparks, however, did not rule on the merits of Armstrong's claims and will let him refile the lawsuit. Armstrong attorney Tim Herman said he will do that, possibly on Tuesday.

The lawsuit claimed USADA rules violate athletes' constitutional right to a fair trial, and that the agency doesn't have jurisdiction in Armstrong's case. It also accused USADA's chief executive, Travis Tygart, of waging a personal vendetta against the cancer survivor who won the Tour de France every year from 1999 to 2005.

The judge was not impressed with a filing that dedicated dozens of pages to Armstrong's career history and disputes with anti-doping officials.

Herman said he got the message.

"When (Sparks) speaks, I listen," he said. "It doesn't change the legal issues involved or any of the relief that we seek."

THE ASSOCIATED PRESS

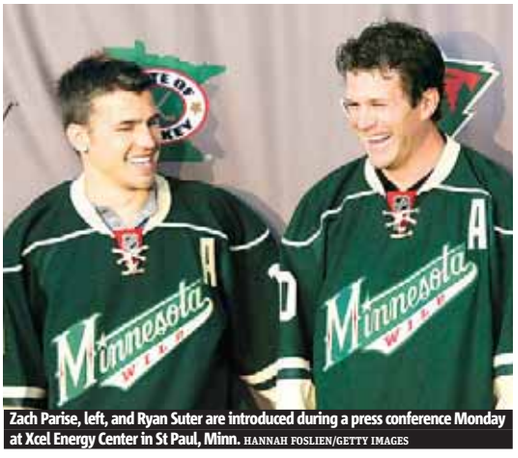
Aggressive move

The lawsuit was an aggressive, and expected, move as Armstrong seeks to preserve his racing legacy and his place as an advocate for cancer survivors and research. He wants Sparks to bar USADA from pursuing its case or issuing any sanctions against him.

Putting on a show at the home run derby

American League All-Star Jose Bautista of the Toronto Blue Jays at bat in the first round of the State Farm Home Run Derby on Monday at Kauffman Stadium in Kansas City, Mo. Bautista is batting clean up for the American League in Tuesday's All-Star game. For derby results, visit metronews.ca. JAMIE SQUIRE/GETTY IMAGES

Parise and Suter are Wild for Minnesota



Zach Parise, left, and Ryan Suter are introduced during a press conference Monday at Xcel Energy Center in St Paul, Minn. HANNAH FOSLIEN/GETTY IMAGES

NHL. Team hopes signings are the tip of the iceberg in attracting talent to mid-market team

Minnesota has never been "flyover country" to Zach Parise.

The star forward grew up there, honed his hockey skills there and built a house there to make sure his roots remain in Minnesota for the long term. Yet even in hockey-mad Minnesota, where the passion for the sport may only be rivaled by the country on its northern border, the Twin Cities has always been considered a medium-sized market that doesn't have enough sizzle to lure the biggest names in the game.

When Parise and fellow blue-chip free agent Ryan Suter decided to sign matching 13-year, $98 million contracts with the Wild, part of their aim was to turn Minnesota into a destination for the best pros in the league.

"I think at the end of the day, hopefully, with Ryan and I coming here, good players want to play with good players," Parise said Monday when he was introduced along with Suter at a press conference. "Hopefully that helps influence some people if they need some and we have a lot of friends around the league so hopefully that will help, too."

In the days since the big signings, fans have burned up the phone lines, gobbling up nearly 2,000 season tickets and buying every piece of memorabilia with "Parise" or "Suter" on it that they can get their hands on.

THE ASSOCIATED PRESS

Quoted

"I think Minnesota IS a big-time market. I think it's going to get even bigger."

Ryan Suter, Wild defenceman

Soccer

John Terry racism trial begins

The racism trial of John Terry began Monday with prosecutors claiming the Chelsea captain acknowledges using offensive language as a "sarcastic exclamation."

Terry came face to face in court with Queens Park Rangers defender Anton Ferdinand, whom he is accused of racially abusing during a Premier League match in October. Terry, 31, faces a maximum fine of $3,900 if convicted of racial abuse during a game.

Ferdinand, who is black, gave evidence that he had not initially heard Terry use racist language during the game at Loftus Road.

THE ASSOCIATED PRESS

NASCAR

Allmedinger fails random drug test

AJ Allmendinger was suspended by NASCAR just before Saturday night's race at Daytona for failing a random drug test. NASCAR on Monday received an official request for Allmendinger's "B" sample to be tested.

THE ASSOCIATED PRESS

MLB

Perez the latest Jays pitcher to go on DL

The Toronto Blue Jays pitching staff continues to be decimated by injuries.

The club announced Monday night that left-handed reliever Luis Perez will miss the rest of the season with a torn ligament in his throwing elbow. The Jays say Perez will get a second opinion before a course of action is determined, but Tommy John ligament-replacement surgery is often recommended for similar injuries.

Perez has made 35 appearances in relief this season, going 2-2 with a 3.43 earned-run average.

The Jays have had seven pitchers on the disabled list this season at one time or another. THE CANADIAN PRESS

CFL. Argos' rookie head coach Milanovich takes blame for official miscue

Like players, rookie head coaches also learn by their mistakes, and you can bet Argos head coach Scott Milanovich will be paying closer attention to the yard markers in Saturday's game in Hamilton against the Tiger-Cats.

He could have easily blamed the officials for a glaring mistake that could have been disastrous. Instead, he accepted full responsibility for a miscue that he never really should have had to make.

With last Saturday's game tied at 29-29, the Argos missed a glorious chance to take the lead with less than four minutes to play when the Calgary Stampeders defensive line stopped QB Jarious Jackson on a third and inches play from the goal-line.

It was a head-scratcher.

Why didn't RB Cory Boyd get the ball? He was on his way to a 100-yard rushing day. He had been breaking tackles, eluding defenders with his power. The way he was pounding the line all game it seemed like a gimme for him.

As it turns out, there was a reason behind what seemed like a moment of madness from Milanovich.

He and everybody else on the team thought they only needed a few inches for a first down, and that would have then given them another three shots at the end zone.

Quoted

"It was a mistake by me, but our team had my back and picked us up."

Argos head coach Scott Milanovich

But as it turned out, Argos needed to score and Calgary wound up getting the ball back when Jackson was stopped by linebacker Juwan Simpson.

"The sticks were still up," Milanovich explained. He was referring to the 10-yard first-down marker. "When you have to score, the second stick is generally laid down but the sticks were up," Milanovich said.

It wasn't until he sent Jackson out to drive forward for a few inches to get the first down that he realized, they had to score. But it was too late.

"We originally called for the field goal unit," Milanovich said. "Then we saw how close we were, like six inches, and we thought we could sneak in to get that first down. We felt we might need seven points.

"Certainly it was a mistake by me. That's my fault. We looked out there and thought we were able to get a first down because the sticks were still up. But after Jarious went. They alerted us that we had to get in so that was on me."

TORSTAR NEWS SERVICE

Toronto Argonauts head coach Scott Milanovich during Saturday's game against the Calgary Stampeders in Toronto. VINCE TALOTT/TORSTAR NEWS SERVICE

Tour de France

Wiggins displays dominance in time-trials win

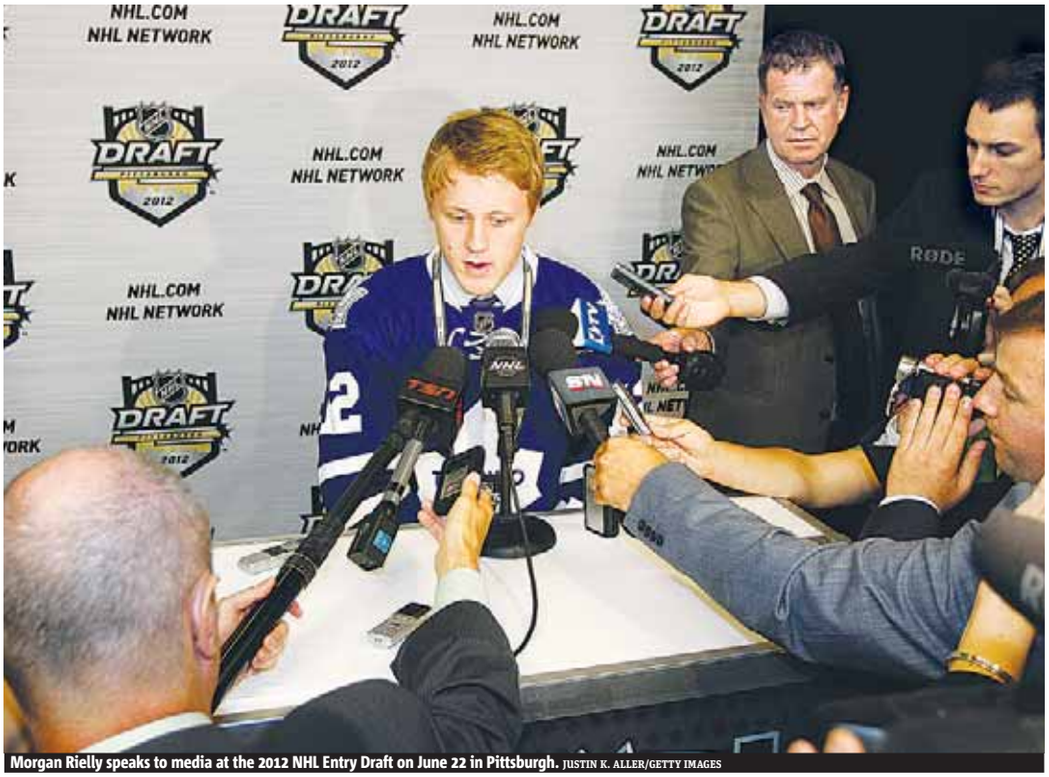
Bradley Wiggins showed he's the man to beat at the Tour de France, winning the first big time trial and cementing his hold on the yellow jersey he wants to take home in two weeks.

The three-time Olympic track champion is trying to become the first British champion of cycling's premier event. He dominated Monday's race against the clock — a discipline he loves — in the 41.5-kilometre ninth stage between Arc-et-Senans and Besancon.

"That was my physical best out there," Wiggins said on French TV. "It's probably my best time trial ever."

Christopher Froome, who won Saturday's seventh stage, was second — 35 seconds behind.

THE ASSOCIATED PRESS



Morgan Rielly speaks to media at the 2012 NHL Entry Draft on June 22 in Pittsburgh. JUSTIN K. ALLER/GETTY IMAGES

Rielly learns about life in blue and white

NHL. Maple Leafs' top draft pick getting his first taste of the big time at rookie camp

If nothing else, Morgan Rielly will have a lasting memory of his first Maple Leafs rookie camp.

All he has to do is check that chipped front tooth in the mirror. Half of it is gone, lost during a scrimmage last week when a puck deflected into his face.

Welcome to the Leafs, kid. Rielly didn't leave the game (although he did have corrective dental work done after it).

Quoted

"He was pretty happy when I got chosen by the Leafs. He's been wearing that jersey for weeks around the house."

Morgan Rielly commenting on his father, Andy, who grew up in Hamilton

As a matter of fact, he picked up an assist in that game as he tried to make a positive first impression.

"It's been a pretty big change from playing in Moose Jaw, Sask., but it's been neat for an 18-year-old kid to experience," said Rielly. "There are people who have approached me, asking for my picture, which is all new to me.

"But I haven't changed. I've been training in the gym, hanging out. I'm just flattered to have had the opportunity."

Such is life in the fishbowl that comes with being a high draft pick of the Maple Leafs. But there's a sense Rielly isn't going to feel the pressure to perform that Luke Schenn went through four years ago when he was picked No. 5 overall, or that Nazem Kadri feels to this day having been No. 7 three years ago.

The Leafs, perhaps because their talent is a tad younger than in the recent past, seem quite ready let their draft picks take their time. Certainly defenceman Stuart Percy and winger Tyler Biggs — both first-round selections in 2011 — have been able to develop quietly.

Rielly sees that and is grateful.

"The team has been improving the past few years and has quite a strong blueline, for sure," said Rielly. "I don't feel any huge pressure to play next year. I just want to do anything I can to help the team." TORSTAR NEWS SERVICE

Nikolai Kulemin appears to be staying in Toronto. The Leafs have filed for arbitration on the winger. RICK MADONIK/TORSTAR NEWS SERVICE FILE

Buds file for arbitration on Kulemin

Before heading to Europe for vacation, winger Nikolai Kulemin made it very clear to his agent that he wants to remain a Toronto Maple Leaf.

That's the most likely outcome for the left winger. The Maple Leafs have filed for arbitration on Kulemin, a restricted free agent. The Leafs did not file for arbitration with defenceman Cody Franson, the team's other significant restricted free agent.

Arbitration hearings will be held in Toronto from July 20 to Aug. 4. Kulemin's agent, Gary Greenstin, has had one negotiating session with the Leafs front office so far since the season ended.

Contract negotiation

$2.2M

Kulemin earned $2.2 million last year. His agent may be looking to secure a long-term contract that would convince him to forgo unrestricted free agency in 2014.

"Kulemin loves the city and loves the organization a lot and would like to stay in Toronto," said Greenstin. "But not everything is in my and Kulemin's hands.

"I believe the Leafs like him, but now it's strictly business."

Coming off a poor season offensively, Kulemin may well have ceded his job on the second line to James van Reimsdyk when Luke Schenn was traded to the Philadelphia Flyers.

Kulemin scored just seven goals in a disappointing 2011-12 campaign after netting a career-high 30 the year before.

TORSTAR NEWS SERVICE

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	52	33	.612	—
Baltimore	45	40	.529	7
Tampa Bay	45	41	.523	7½
Boston	43	43	.500	9½
Toronto	43	43	.500	9½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	47	38	.553	—
Cleveland	44	41	.518	3
Detroit	44	42	.512	3½
Kansas City	37	47	.440	9½
Minnesota	36	49	.424	11

WEST DIVISION

	W	L	Pct	GB
Texas	52	34	.605	—
Los Angeles	48	38	.558	4
Oakland	43	43	.500	9
Seattle	36	51	.414	16½

Sunday's results
Detroit 7, Kansas City 1
Tampa Bay 7, Cleveland 6
Toronto 11, Chicago White Sox 9
L.A. Angels 6, Baltimore 0
Oakland 2, Seattle 1, 13 innings
Texas 4, Minnesota 3, 13 innings
N.Y. Yankees 7, Boston 3
Tuesday's game
All-Star Game at Kansas City, MO, 8:15 p.m.

ALL-STAR GAME ROSTERS

(x-starter; y-injured will not play, z-voted final spot)

AMERICAN LEAGUE

PITCHERS
Ryan Cook, rh, Oakland
z-Yu Darvish, rh, Texas
Matt Harrison, lh, Texas
Felix Hernandez, rh, Seattle
Jim Johnson, rh, Baltimore
Joe Nathan, rh, Texas
Jake Peavy, rh, Chicago
Chris Perez, rh, Cleveland
David Price, lh, Tampa Bay
Fernando, Rodney, rh, Tampa Bay
y-CC Sabathia, lh, New York
Chris Sale, lh, Chicago White Sox
Justin Verlander, rh, Detroit
Jered Weaver, rh, Los Angeles
y-C.J. Wilson, lh, Los Angeles
CATCHERS
Joe Mauer, Minnesota
x-Mike Napoli, Texas
Matt Wieters, Baltimore
INFIELDERS
Elvis Andrus, Texas
x-Adrian Beltre, Texas
Asdrubal Cabrera, Cleveland
Miguel Cabrera, Detroit
x-Robinson Cano, New York
x-Prince Fielder, Detroit
x-Derek Jeter, New York
Ian Kinsler, Texas
Paul Konerko, Chicago White Sox
OUTFIELDERS
x-Jose Bautista, Toronto
x-Curtis Granderson, New York
x-Josh Hamilton, Texas
Adam Jones, Baltimore
Mike Trout, Los Angeles
Mark Trumbo, Los Angeles
Designated Hitters
Billy Butler, Kansas City
Adam Dunn, Chicago White Sox
x-David Ortiz, Boston

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	49	34	.590	—
Atlanta	46	39	.541	4
New York	46	40	.535	4½
Miami	41	44	.482	9
Philadelphia	37	50	.425	14

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	48	37	.565	—
Cincinnati	47	38	.553	1
St. Louis	46	40	.535	2½
Milwaukee	40	45	.471	8
Chicago	33	52	.388	15
Houston	33	53	.384	15½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	47	40	.540	—
San Francisco	46	40	.535	½
Arizona	42	43	.494	4
San Diego	34	53	.391	13
Colorado	33	52	.388	13

Sunday's results
Chicago Cubs 7, N.Y. Mets 0
Atlanta 4, Philadelphia 3
Colorado 4, Washington 3
Pittsburgh 13, San Francisco 2
Milwaukee 5, Houston 3, 10 innings
St. Louis 5, Miami 4
Cincinnati 4, San Diego 2
Arizona 7, L.A. Dodgers 1

NATIONAL LEAGUE

PITCHERS
Matt Cain, rh, San Francisco
Aroldis Chapman, lh, Cincinnati
R.A. Dickey, rh, New York
Gio Gonzalez, lh, Washington
Cole Hamels, lh, Philadelphia
Joel Hanrahan, rh, Pittsburgh
Clayton Kershaw, lh, Los Angeles
Craig Kimbrel, rh, Atlanta
Lance Lynn, rh, St. Louis
Wade Miley, lh, Arizona
Jonathan Papelbon, rh, Philadelphia
Stephen Strasburg, rh, Washington
Huston Street, rh, San Diego
CATCHERS
y-Yadier Molina, St. Louis
x-Buster Posey, San Francisco
Carlos Ruiz, Philadelphia
INFIELDERS
Jose Altuve, Houston
Starlin Castro, Chicago Cubs
y-Ian Desmond, Washington
z-David Freese, St. Louis
x-Rafael Furcal, St. Louis
Chipper Jones, Atlanta
Bryan LaHair, Chicago
x-Pablo Sandoval, San Francisco
x-Dan Uggla, Atlanta
x-Joey Votto, Cincinnati
David Wright, New York
OUTFIELDERS
x-Carlos Beltran, St. Louis
Michael Bourn, Atlanta
Ryan Braun, Milwaukee
Jay Bruce, Cincinnati
x-Melky Cabrera, San Francisco
Carlos Gonzalez, Colorado
Bryce Harper, Washington
Matt Holliday, St. Louis
y-Matt Kemp, Los Angeles
Andrew McCutchen, Pittsburgh
y-Giancarlo Stanton, Miami

SUNDAY

BLUE JAYS 11, WHITE SOX 9

Toronto	ab	r	h	bi	Chicago	ab	r	h	bi
RDavis lf	3	2	0	0	De Aza cf	5	3	1	0
Rasms cf	4	2	2	3	Youkils 3b	4	1	3	1
Bautist rf	3	2	1	1	A.Dunn 1b	4	1	0	1
Encnc 1b	4	1	1	2	Konerk dh	4	1	0	0
Lind dh	4	0	1	1	Rios rf	5	3	3	4
YEscor ss	5	1	1	0	AlRmrz ss	5	0	3	2
KJhnsn 2b	4	1	1	2	Viciedo lf	4	0	2	1
Vizquel 3b	5	1	1	0	Flowrs c	3	0	0	0
Mathis c	5	1	2	1	Przyns ph-c	1	0	0	0
Bckhm 2b	5	0	2	0					
Totals	**37**	**11**	**10**	**10**	**Totals**		**40**	**9**	**14**	**9**
Toronto					**412**	**103**	**000**	**11**	
Chicago					**300**	**041**	**100**	**9**	

E—Vizquel (1). DP—Toronto 1. LOB—Toronto 9, Chicago 10. 2B—Rasmus (18), Bautista (12), Lind (8), Mathis (5), De Aza (16), Youkilis (9), Rios 2 (19), Viciedo (8). 3B—Al.Ramirez (3). HR—Rasmus (17), Encarnacion (23), K.Johnson (10), Mathis (5), Rios (12). SB—R.Davis 3 (23), Vizquel (2). SF—Viciedo.

Toronto	IP	H	R	ER	BB	SO
Cecil	4 1-3	6	7	6	3	5
J.Chavez	2-3	1	0	0	0	2
L.Perez	1	4	2	2	0	1
Frasor W,1-1 H,12	1	0	0	0	1	2
Oliver H,10	1-3	1	0	0	0	1
Janssen S,12-13	1 2-3	2	0	0	0	3
Chicago						
Axelrod L,0-2	3	6	7	7	2	4
Omogrosso	2 1-3	1	2	2	3	1
Septimo	0	0	1	1	1	0
N.Jones	2-3	2	1	1	1	0
H.Santiago	3	1	0	0	2	2

T—3:48. A—27,190 (40,615).

GOLF

WORLD RANKING

Through July 8

1. Luke Donald	Eng	9.83
2. Rory McIlroy	Nir	8.68
3. Lee Westwood	Eng	8.11
4. Tiger Woods	USA	7.73
5. Webb Simpson	USA	6.61
6. Bubba Watson	USA	6.19
7. Jason Dufner	USA	5.76
8. Matt Kuchar	USA	5.73
9. Justin Rose	Eng	5.61
10. Hunter Mahan	USA	5.29
11. Graeme McDowell	Nir	5.12
12. Adam Scott	Aus	5.06
13. Steve Stricker	USA	4.77
14. Martin Kaymer	Ger	4.70
15. Dustin Johnson	USA	4.66
16. Phil Mickelson	USA	4.60
17. Zach Johnson	USA	4.49
18. Charl Schwartzel	SAf	4.44
19. Rickie Fowler	USA	4.40
20. Louis Oosthuizen	SAf	4.39
21. Jason Day	Aus	4.29
22. Sergio Garcia	Esp	4.09
23. Keegan Bradley	USA	3.82
24. Bill Haas	USA	3.81
25. Bo Van Pelt	USA	3.80
26. Peter Hanson	Swe	3.70
27. Ian Poulter	Eng	3.67
28. Francesco Molinari	Ita	3.67
29. Brandt Snedeker	USA	3.65
30. Nick Watney	USA	3.58
31. Paul Lawrie	Sco	3.53
32. Jim Furyk	USA	3.36
33. David Toms	USA	3.32
34. K.J. Choi	Kor	3.23
35. Nicolas Colsaerts	Bel	3.19
36. Martin Laird	Sco	3.10
37. Thomas Bjorn	Den	3.08
38. John Senden	Aus	3.07
39. Carl Pettersson	Swe	3.00
40. Ernie Els	SAf	3.00

CYCLING

TOUR DE FRANCE

At Besancon, France
Ninth Stage
A 25.8-mile individual time trial from Arc-et-Senans to Besancon
1. Bradley Wiggins, Britain, Sky Procycling, 51 minutes, 24 seconds; 2. Chris Froome, Britain, Sky Procycling, 35 seconds behind; 3. Fabian Cancellara, Switzerland, RadioShack-Nissan, :57; 4. Tejay Van Garderen, United States, BMC Racing, 1:06; 5. Sylvain Chavanel, France, Omega Pharma-QuickStep, 1:24; 6. Cadel Evans, Australia, BMC Racing, 1:43; 7. Peter Velits, Slovakia, Omega Pharma-QuickStep, 1:59; 8. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:07; 9. Denis Menchov, Russia, Katusha, 2:08; 10. Andreas Kloeden, Germany, RadioShack-Nissan, 2:09.
11. Maxime Monfort, Belgium, RadioShack-Nissan, 2:15; 12. Tony Martin, Germany, Omega Pharma-QuickStep, 2:16; 13. Haimar Zubeldia, Spain, RadioShack-Nissan, 2:20; 14. Rui Costa, Portugal, Movistar, 2:22; 15. Janez Brajkovic, Slovenia, Astana, 2:26; 16. Jens Voigt, Germany, RadioShack-Nissan, 2:44; 17. Lieuwe Westra, Netherlands, Vacansoleil-DCM, 2:45; 18. Tony Gallopin, France, RadioShack-Nissan, 2:46; 19. Jeremy Roy, France, FDJ-Big Mat, 2:52; 20. Jerome Coppel, France, Saur-Sojasun, 2:54.
Also
26. Jurgen Van den Broeck, Belgium, Lotto Belisol, 3:09; 44. Frank Schleck, Luxembourg, RadioShack-Nissan, 4:32.
Overall Standings
1. Bradley Wiggins, Britain, Sky Procycling, 39 hours, 9 minutes, 20 seconds; 2. Cadel Evans, Australia, BMC Racing, 1:53 behind; 3. Chris Froome, Britain, Sky Procycling, 2:07; 4. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:23; 5. Denis Menchov, Russia, Katusha, 3:02; 6. Haimar Zubeldia, Spain, RadioShack-Nissan, 3:19; 7. Maxime Monfort, Belgium, RadioShack-Nissan, 4:23; 8. Tejay Van Garderen, United States, BMC Racing, 5:14; 9. Jurgen Van den Broeck, Belgium, Lotto Belisol, 5:20; 10. Nicolas Roche, Ireland, France, AG2R La Mondiale, 5:29.

AUTO RACING

WORLD TOUR RANKINGS

ATP

SINGLES
1. Roger Federer, Switzerland, 11,075 points; 2. Novak Djokovic, Serbia, 11,000; 3. Rafael Nadal, Spain, 8,905; 4. Andy Murray, Britain, 7,460; 5. David Ferrer, Spain, 5,430; 6. Jo-Wilfried Tsonga, France, 5,230; 7. Tomas Berdych, Czech Republic, 4,515; 8. Janko Tipsarevic, Serbia, 3,215; 9. Juan Martin del Potro, Argentina, 3,180; 10. Nicolas Almagro, Spain, 2,605.
Also
23. Milos Raonic, Thornhill, Ont., 1,540

WTA

SINGLES
1. Victoria Azarenka, Belarus, 8,800 points; 2. Agnieszka Radwanska, Poland, 8,530; 3. Maria Sharapova, Russia, 8,370; 4. Serena Williams, U.S., 7,360; 5. Sam Stosur, Australia, 6,195; 6. Petra Kvitova, Czech Republic, 5,275; 7. Angelique Kerber, Germany, 5,170; 8. Caroline Wozniacki, Denmark, 4,091; 9. Sara Errani, Italy, 3,410; 10. Marion Bartoli, France, 3,400.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	18	10	5	3	23	17	33
D.C. United	18	10	5	3	34	22	33
New York	18	9	5	4	32	27	31
Chicago	18	8	6	4	21	21	28
Houston	18	6	5	7	22	24	25
Columbus	16	6	6	4	17	17	22
New England	17	6	7	4	24	22	22
Montreal	20	6	11	3	27	36	21
Philadelphia	16	5	9	2	18	18	17
Toronto	17	2	11	4	18	33	10

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	19	11	4	4	36	24	37
Real Salt Lake	20	11	6	3	31	21	36
Vancouver	18	8	4	6	19	19	30
Seattle	19	8	5	6	23	19	30
Los Angeles	19	7	10	2	28	29	23
Colorado	18	7	10	1	25	24	22
Chivas USA	17	5	7	5	11	18	20
Portland	17	5	8	4	16	24	19
Dallas	19	3	9	7	17	27	16

Note: Three points for a win, one for a tie.
Sunday's results
Montreal 2 Columbus 1
Philadelphia 3 Toronto 0
Los Angeles 2 Chicago 0
New England 2 New York 0
Wednesday's game
Vancouver at Toronto, 7 p.m.
Saturday, July 14
Montreal at Philadelphia, 7 p.m.
Toronto at New England, 7:30 p.m.
Kansas City at Columbus, 7:30 p.m.
Vancouver at Chicago, 8:30 p.m.
Dallas at Colorado, 9 p.m.
Real Salt Lake at San Jose, 10:30 p.m.
Los Angeles at Portland, 11 p.m.

NASL

Saturday's results
Fort Lauderdale 3 Carolina 3
Edmonton 1 Puerto Rico 1
Atlanta 2 Minnesota 0
Wednesday's game
San Antonio at Puerto Rico, 7:30 p.m.
Thursday's game
Tampa Bay at Minnesota, 8:30 p.m.
Saturday, July 14
Puerto Rico at Atlanta, 7:30 p.m.
San Antonio at Fort Lauderdale, 7:30 p.m.
Sunday, July 15
Tampa Bay at Edmonton, 4 p.m.

CSL

Sunday's results
Brampton 4 York Region 4
Mississauga 2 Montreal Impact Academy 2
Waterloo 1 Toronto Croatia 0
Friday, July 13
Niagara at SC Toronto, 8 p.m.
Waterloo at Mississauga, 8 p.m.
York Region at TFC Academy, 8 p.m.
Kingston at Serbian White Eagles, 9 p.m.
Saturday, July 14
London at Windsor, 7:15 p.m.
Sunday, July 15
TFC Academy at Brampton, 3 p.m.
Serbian White Eagles at North York, 4:30 p.m.
Mississauga at York Region, 6:30 p.m.
Niagara at Brantford, 7 p.m.
SC Toronto at Windsor, 7:15 p.m.
St. Catharines at Toronto Croatia 8 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	2	1	1	0	54	55	2
Montreal	2	1	1	0	51	68	2
Winnipeg	2	0	2	0	46	74	0
Hamilton	2	0	2	0	52	82	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	2	2	0	0	60	17	4
B.C.	2	2	0	0	72	52	4
Calgary	2	1	1	0	74	49	2
Edmonton	2	1	1	0	20	32	2

WEEK TWO
Sunday's result
Saskatchewan 17 Edmonton 1
Saturday's result
Toronto 39 Calgary 36
Friday's results
B.C. 39 Hamilton 36
Montreal 41 Winnipeg 30
WEEK THREE
Thursday's game
Calgary at Montreal, 7:30 p.m.
Friday's game
Winnipeg at Edmonton, 9 p.m.
Saturday, July 14
B.C. at Saskatchewan, 3 p.m.
Toronto at Hamilton, 7 p.m.
WEEK FOUR
Wednesday, July 18
Winnipeg at Toronto, 7:30 p.m.
Thursday, July 19
Saskatchewan at Calgary, 9 p.m.
Friday, July 20
Edmonton at B.C., 10 p.m.
Saturday, July 21
Montreal at Hamilton, 7 p.m.

AUTO RACING

NASCAR

SPRINT CUP

MONEY LEADERS
Through July 7
1. Jimmie Johnson, $4,609,506
2. Matt Kenseth, $4,566,914
3. Tony Stewart, $3,865,010
4. Denny Hamlin, $3,673,618
5. Kyle Busch, $3,450,417
6. Greg Biffle, $3,404,033
7. Dale Earnhardt Jr., $3,385,525
8. Kevin Harvick, $3,138,118
9. Brad Keselowski, $3,122,260
10. Carl Edwards, $2,921,912
11. Jeff Burton, $2,891,995
12. Jeff Gordon, $2,857,446
13. Martin Truex Jr., $2,853,855
14. Ryan Newman, $2,842,682
15. Clint Bowyer, $2,771,170

NATIONWIDE

MONEY LEADERS
Through July 6
1. Ricky Stenhouse Jr., $749,253
2. Elliott Sadler, $586,973
3. Austin Dillon, $548,759
4. Cole Whitt, $422,483
5. Michael Annett, $416,303
6. Justin Allgaier, $413,138
7. Sam Hornish Jr., $411,748
8. Joey Logano, $403,600
9. James Buescher, $399,649
10. Brian Scott, $394,363
11. Danica Patrick, $374,072
12. Tayler Malsam, $370,338
13. Brad Keselowski, $370,035
14. Kurt Busch, $360,205
15. Jason Bowles, $359,533

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Flight Centre - Correction Notice

NEWSPAPER RETRACTION FOR THE JULY 6th AD.

In the July 6 edition of the Metro, an incorrect taxes & fees amount was listed for the Australia holiday in our advertisement. Flight Centre sincerely apologizes for any inconvenience this may have caused our valued customers.

NEED A RIDE?

Read metro drive every Wednesday.

Whitecaps seek revenge vs. TFC

MLS. Vancouver club is having a better season than Toronto but lost the Canadian championship

Joe Cannon does not like to talk about the Vancouver Whitecaps' last meeting with Toronto FC.

"Don't bring that up," the Vancouver goalkeeper told reporters after a practice Monday. "That was a disappointing night. That was really heart-wrenching, actually."

The Whitecaps return Wednesday to BMO Field, where they lost 1-0 in the decisive second leg of the Amway Canadian championship final in May to a TFC side that has struggled this season.

"If you want to give us some motivation for this next game, it's definitely the disappointment that we felt, not only for ourselves but for our fans and for our franchise," said Cannon. "Hopefully, we come out with something good."

The Whitecaps visit Toronto for a Major League Soccer regular-season game. For all of the gains the Caps have made in their second MLS campaign, they have struggled at inopportune times against the Reds.

The 1-0 loss in the second leg of the Canadians came after the Whitecaps rallied for a last-minute 1-1 tie in the first leg a week earlier. On the other hand, Toronto has fared poorly against most other clubs.

Caps defender Alain Rochat said Vancouver players are mad about their two previous efforts against Toronto, and must show less respect for the Reds and play accordingly.

Whitecaps captain Jay DeMerit, who was selected this week to start for the Western Conference club in the MLS all-star game later this month, said it's difficult to place more importance in one game than another in the long season. But it's also important for the Whitecaps to use the rivalry with Toronto as motivation.

"You always try to heat up a rivalry," said DeMerit. "We've definitely created one over the past couple seasons against Toronto, and that's a good thing. Any time we can get up for the games and perform well in a rivalry setting, the better it is for everyone, including the fans. We just have to make sure we're on the right side of the result this time."

THE CANADIAN PRESS

TFC's record

Toronto lost its last game 3-0 in Philadelphia on Saturday and now sports a 2-11-4 record in league play.

Whitecaps defender Jay Demerit, right, challenges Colorado Rapids' Conor Casey. The Whitecaps hope to change their fortunes against Toronto FC in their match Wednesday. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

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ANNOUNCEMENTS

Spiritual

How Do Past Lives Affect Your Relationships?
Open Discussion, Wed., July 11, 7:30-9pm
Beaches Community Centre 55
97 Main Street, Toronto
meetup.com/Toronto-Spiritual-Experiences-Group

Miscellaneous

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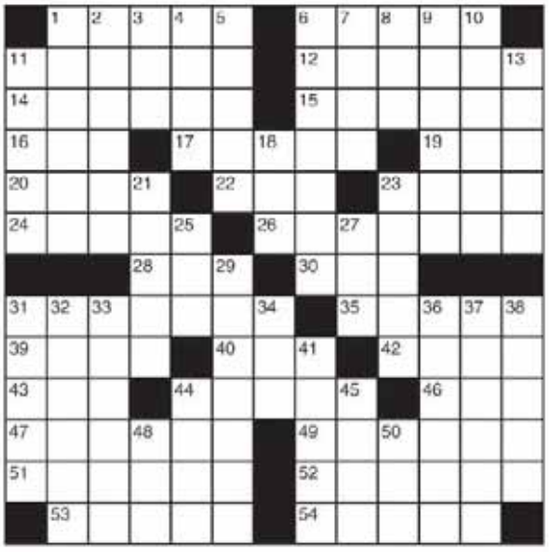
Across
1 Purplish shade
6 Very excited
11 Lady of Spain
12 O. Henry-esque
14 Border
15 Sculpture medium
16 Altar affirmative
17 Windborne deposit
19 Listening device
20 Blue hue
22 First lady
23 Initial stake
24 Show philanthropy
26 Warned
28 Lettuce variety
30 Retainer
31 Less logical
35 Boutonniere site
39 Drudgery
40 Light beam
42 South American capital
43 Summer on the Seine
44 Push away
46 After taxes
47 Swallow's cousin
49 Shopper's venue
51 Walked proudly
52 Napoleon's realm, e.g.
53 Enthusiastic
54 Phone book data

Down
1 Sluggish
2 Progress
3 Journal
4 Seed coating
5 Hiawatha's carrier
6 That guy, to that guy
7 History chapters
8 Craggy peak
9 Straight
10 Jesus' condemner
11 Hit
13 Wrapped in a waxy cloth
18 Zsa Zsa's sister
21 Resident
23 "... with — live girl"
25 Triumphed
27 Wet wriggler
29 More tranquil
31 Particulars
32 Write symbolically
33 Mountain range
34 Eminem's genre
36 Ring site
37 Eastern potentates
38 Starbucks order
41 Red Sea country
44 Amusement-park attraction
45 Odgen Nash's priest
48 Dress (up)
50 Tachometer reading (Abbr.)



■	1	2	3	4	5	■	6	7	8	9	10	■
11						■	12					13
14						■	15					
16			■	17		18			■	19		
20			21	■	22			■	23			
24				25	■	26		27				
■	■	■	28		29	■	30			■	■	■
31	32	33				34	■	35		36	37	38
39				■	40		41	■	42			
43			■	44				45	■	46		
47			48			■	49		50			
51							52					
■	53					■	54					■

		7		4			3	
	1	9		5				
6		2			8			
	3	8						2
	7		5		2		6	
1						4	9	
			7			5		9
				2		6	7	
	9			8		3		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	7	8	9	5	1	3	4	2
5	2	1	6	4	3	7	8	9
4	9	3	7	2	8	1	5	6
2	4	9	5	1	6	8	7	3
8	3	5	2	7	4	6	9	1
7	1	6	3	8	9	4	2	5
1	8	2	4	3	5	9	6	7
9	5	4	1	6	7	2	3	8
3	6	7	8	9	2	5	1	4

Yesterday's Crossword

I	N	P	U	T	■	D	O	T	■	O	T	T
N	E	H	R	U	■	I	C	E	■	U	R	I
S	T	O	A	T	■	P	H	A	N	T	O	M
■	■	B	L	E	E	P	S	■	A	G	U	E
F	B	I	■	E	V	E	■	S	P	O	T	S
C	O	A	T	■	A	R	E	A	L	■	■	■
C	A	S	H	E	D	■	A	L	E	P	H	S
■	■	■	R	E	E	D	S	■	S	H	O	O
M	O	G	U	L	■	R	E	B	■	A	D	D
A	C	E	S	■	C	O	L	L	A	R	■	■
P	H	O	T	O	O	P	■	A	B	A	T	E
L	E	D	■	A	N	I	■	M	E	O	W	S
E	R	E	■	K	E	N	■	E	T	H	O	S

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

F B Y ' L V E B T S V L K T R E D P Z

D K A H P U B L K Z V P A K P T H B B S

K A ? K ' U V P W L V P S F Z B W S

F B Y Z D P K P T S Z D P K P R P K T !

Yesterday's Cryptoquip: WHEN A SUPER-ROBOT IS CREATED THAT PLOWS LAND, WILL IT BE AN AUTOMATED TILLER MACHINE?

Today's Cryptoquip Clue: U equals V

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today
28°/16°
Partly cloudy
Wednesday
28°/18°
Mainly sunny
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Horoscope

Aries | March 21 - April 20. Forget the past. It is over and done with. You can, however, resolve to make today (and tomorrow) better than yesterday and the day before.

Taurus | April 21 - May 21. You have been a bit too out of touch with reality lately — which is not like you at all. Maybe it's time to remember that, as a Taurus, you should be more practical than most.

Gemini | May 22 - June 20. If you feel you are heading down a path that is not right for you, there is still time to stop and go back the way you came or even take a different path entirely. You are in control.

Cancer | June 21 - July 22. The Sun in your sign means this is an excellent time for you on so many levels. But it's also a tiring one, so be kind to yourself today.

Leo | July 23 - Aug. 22. The Sun's entry into your birth sign this month, will make you feel alive. Before then, you need to fix some things, not least a relationship.

Virgo | Aug. 23 - Sept. 22. You can't always do what you would like to do, but that doesn't matter. What counts is that you do what you have to do to the best of your ability.

Libra | Sept. 23 - Oct. 22. Yes, of course, other people can be annoying, and deceitful, but you don't have to react in the same way. Rise above petty squabbles today, and every day.

Scorpio | Oct. 23 - Nov. 21. You may be serious by nature but there is something you would be the first to admit you have been taking too lightly. You know what it is and what needs to be changed.

Sagittarius | Nov. 22 - Dec. 21. Be tolerant of those who see things from a different angle. They are as entitled to their opinions as you are to yours. Diversity is good.

Capricorn | Dec. 22 - Jan 20. You will have to work hard to stay friends with someone who has been giving you a hard time. Is it worth it?

Aquarius | Jan. 21 - Feb 18. There will be a change of emphasis in your outlook over the next 24 hours. While before you were interested only in your work and career, now you will be interested in relationships too.

Pisces | Feb. 19 - March 20. Start thinking along more practical lines. Dare to dream but make sure that your dreams are doable. What can you change today from an idea into reality? **SALLY BROMPTON**

Caption Contest

"Three heads are better than one."
Monica

RAJANISH KAKADE/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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